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## What expats want

This week, **The Portugal News** unveils the highlights of the most in-depth study conducted of foreigners resident in the country. (See Page 3)

## Police run out of fine slips

Police officers have complained about running out of fine slips and having to resort to jotting driving offenders' details down in notebooks so the correct paperwork can be filled in and mailed out at a later date, but any shortage of material has been denied by the PSP's national head quarters. (See Page 6)

## Lower classes turn to the Church for help

According to the Episcopal charitable association Cáritas, which helps underprivileged individuals from north to south of the country, Madeira and the Azores, Portugal's lower and middle classes from all over are increasingly asking for help with the likes of paying for food and rent. (See Page 7)

## A1GP HQ moving to Algarve MotorPark

Administration of the A1 Grand Prix has signed a contract for the purchase of two plots in the Technological Park, located in the Algarve MotorPark. The motorsport where each team represents a country will now have its production line factory based in the Algarve, creating 350 direct jobs in the region. (See Page 56)

## Weekend weather

**Lisbon:** The spring-like weather of recent days will continue this weekend, with no rain forecast for the coming week. **Faro:** Spring will be in the air once again this weekend, with blue skies all round. **Oporto:** The north will enjoy the good weather down south, but nights will remain cold.

## Upcoming holidays in Portugal

Friday 10th April. Some shops and offices may be closed.

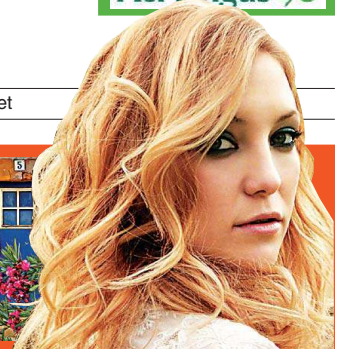
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## National Statistics Office releases better-than-forecasted economic results for 2008

# ECONOMY BETTER THAN EXPECTED

See story on P.2.



A good economic forecast is of little comfort to the inhabitants of 64 Alameda D. Afonso Henriques in Lisbon which, according to them, is "totally derelict and in danger of falling down". They have now got together to approach the courts for help. (Photo: Lusa / Miguel A Lopes)



**THE PORTUGAL**  
**News**



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# The Defending Champions



As revealed in last week's edition, *The Portugal News* last Friday celebrated the publication of its 1000<sup>th</sup> edition. Pictured here are some members of the team that has helped make *The Portugal News* the longest-running, most widely circulated and read, and biggest English-language newspaper in the country after a well-deserved commemorative lunch.

In order to mark this outstanding achievement of reaching 1000 editions, *The Portugal News* will be handing out a 1000<sup>th</sup> edition souvenir that can be obtained by visiting The Portugal News Café at the International Algarve Fair on May 30<sup>th</sup> and 31<sup>st</sup> at the Fatacil fairground in Lagoa.

# Economy better than expected



While most countries have confirmed their economies suffered heavily at the hands of the global economic slowdown which started last year, Portugal this week learnt, contrary to initial expectations, that its economy had not contracted last year in relation to 2007, as had been widely predicted in provisional estimates.

The National Statistics Office (INE) revealed on Wednesday that the nation's economy had not wipped as much as had been expected in the face of the credit crunch and had managed to report unchanged growth for 2008.

In nominal terms, the INE said, the gross domestic product (GDP) last year reached 166 billion euros, which was up 1.8 percent in relation to 2007.

Domestic demand also grew last year, up one percent, though it was still 0.6 percent under the figure attained 12 months earlier.

With the economy fairing better than expected, the INE revised predictions for the final quarter in 2008 in which it had estimated a contraction of 2.0 percent from the previous quarter and a 2.1 percent year-on-year drop.

Instead, the INE posted a final quarter figure of -1.6 percent, while revising the year-on-year figure to -1.8 percent.

Exports assisted in assuring a better performance for the national economy, with the year-on-year reduction only -0.5 percent in the final quarter of GDP after hitting a low of 1.2 percent between July and September. Portugal's exports are widely looked at in determining the extent the global economic slowdown will have on the country.

Recently, President Cavaco Silva, an economist, said Portugal's export sector is "the key to the solution" for the country's troubled economy.

"The export of goods and service is practically the only way we have to fight the explosive growth of external debt and at the same time defend the jobs of Portuguese workers", he said.

In a related story, and following last week's interest rate cuts, which has seen the European Central Bank base rate fall to a historic low of 1.5 percent, the Euribor 6-month rate, the main lending index for mortgages in Portugal also fell to a record low of 1.817 percent this week. This represents a reduction of slightly more than half a percent on last week's rate and which will see mortgage holders reduce their repayments even further, though savers are being increasingly penalised.

Mainstream banks are now offering interest of one percent on short-term deposits, contrary to the 3.5 percent awarded shortly before Christmas.

# Portugal plans to renovate military cemeteries in Africa



Portugal has plans under way to improve and renovate its military cemeteries in Lisbon's former colonial territories, especially Angola, Guinea-Bissau and Mozambique, the head of the country's armed forces said in the Mozambican capital.

"We're preparing projects to renovate the cemeteries in Mozambique, Guinea-Bissau and Angola", where Portugal fought long colonial wars in the 1960s and 70s, Gen. Luís Valença Pinto told the Lusa News Agency after visiting the graves of Portuguese soldiers at Maputo's Lhangueu cemetery.

Gen. Valença Pinto said

the armed forces would later launch similar programmes for smaller military cemeteries in Cape Verde, São Tomé and Príncipe, and East Timor.

He said the Government had no plans to take home to Portugal the remains of troops buried in Africa, despite pressure from some civilian and veterans groups.

TPN/Lusa

# EU pushes ICT use for a greener Europe



As part of its effort to combat climate change and drive economic recovery, the European Commission on Thursday called on Member States and industry to use information and communications technologies (ICT) to improve energy efficiency.

These technologies are expected to reduce total carbon emissions in Europe by up to 15 percent by 2020. ICT can not only improve monitoring and management of energy use in factories, offices and in public

spaces but above all help make people more aware of how they use energy. With smart metering in their homes, for example, consumers have been found to reduce their energy consumption by as much as 10 percent.



# What expats want

## A FEW TOP 5'S

### What make is your car?

Mercedes	7.51%
Renault	7.51%
Volkswagen	7.38%
Honda	6.90%
Ford	6.30%

### Primary bank

Millennium BCP	21.76%
C.C.Agrícola	11.50%
Barclays Bank	11.25%
C.G.Depósitos	10.14%
BES	9.89%

### Favourite supermarket

Continente	17.55%
Intermarché	13.84%
Modelo	13.84%
Apolónia	13.35%
Lidl	12.73%

### Airline most frequently used

easyJet	40.53%
TAP	17.27%
Monarch	13.93%
BA	13.09%
Ryanair	9.47%

### Airline with best on-board service

BA	39.93%
TAP	18.65%
Monarch	17.49%
easyJet	10.73%
Flybe	6.60%

Male respondents continue to be the most willing in answering questions posed by researchers, with a share of 58 percent of the sample. In recent years, men have consistently represented at least 55 percent of those interviewed.

### Age groups

While those aged 50 to 65 appear to have remained constant, the number of over 65s has dropped more than eight percent to 24.57 percent of the sample, while 35 to 50 year olds have climbed from a little over 18 percent in the previous study to almost 25 percent 12 months later. This shift in demographic could be explained by the increased number of foreigners of retirement age returning to Britain, not only in search of better health care, but more value from their pensions, which have suffered as a result of the weakening pound.

However, 42 percent of respondents said they were "retired", but with only 25 percent being older than 65, this figure does suggest Portugal remains a favourite location for early-retirees.

### Education

The number of respondents whose children attend state schools in Portugal remained steady at 63 percent, which is nonetheless illustrative of the greater integration of foreigners into their local communities in recent years, though indications are that an increasing number of Portuguese are putting their children through private schools.

### Banking

Millennium bcp remains the favourite bank of expats, and while its 22 percent 'share' is double that of their nearest rivals, Caixa de Crédito Agrícola and Barclays, it is down seven points



The New Mercedes Class E is shown during the press day at the 79th Geneva International Motor Show, earlier this month in Geneva, Switzerland. Mercedes-Benz is once again the preferred brand of vehicle amongst readers of The Portugal News, our annual survey has found. EPA/SANDRO CAMPARDO

from the figure obtained in last year's enquiry.

The same applied to foreign-owned companies, with Millennium bcp being the outright favourite (23.8 percent), followed by Banco Espírito Santo (BES) and Barclays with 10.84 and 10.24 percent of the share respectively.

### Motoring

Vehicle preference continues to lie with Mercedes-Benz, who top the table for the second year running, though this year being forced the lead with Renault. The final spot on the podium, which belonged to BMW last year, has been taken by Volkswagen.

### Supermarkets

Shopping habits too have reported a dramatic shift in preference, with 2007/08 champions Lidl losing 17 percent from last year's figure to fall to fifth in the list of foreigners' favourite supermarkets. Continente have taken pole position, with 17.55 percent of the share, followed by Modelo and Intermarché (both 13.84 percent) and Apolónia (13.35 percent).

### Flying trends

Despite low-cost flying being well set in the psyche of the expat for many years, the number of those who fly more than 12 times a year has almost doubled the past two years (7.8 percent), while those who do so 7 to 12 times a year had risen more than three percent to almost 14 percent at the end of 2008.

More interesting was that while more than 40 percent of respondents said they most frequently flew easyJet, British Airways received the vote for the best on board service (39.93 percent), despite only 13 percent saying they regularly travelled with the British flag carrier.

This week, The Portugal News unveils the highlights of the most in-depth study conducted of foreigners resident in the country. With its biggest sample since the first survey on foreigners was conducted by The Portugal News in 1989, some interesting findings were made in the 2008/09 survey, though many trends have remained largely unaltered, even when compared with the profile of expatriates established 20 years ago.

### Bureaucracy

Red tape has always been a concern in Portugal, and the number of those who say bureaucracy is deteriorating has

steadily been dropping since 2006, from 36.85 percent to 30.67 percent. For further details on the survey, e-mail: [survey@the-news.net](mailto:survey@the-news.net)

  
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Minister of Economy and Innovation, Manuel Pinho and the Northern American Secretary of State for Energy, Samuel Bodman, listen to a commentary on the Moura photovoltaic centre in the Amareleja district. The centre, near Beja, is the biggest in the world and was visited by the two politicians in May last year. (Photo: Lusa / Nuno Veiga)

## Portugal's second largest solar power plant launched



As of this week Portugal's second largest solar-powered photovoltaic centre is to start partially functioning in Ferreira do Alentejo (Beja) and should be in full swing by the end of the year, representing a €50 million investment.

The plant was this week connected to the electricity network and started generating with seven of its twelve megawatt (MW) turbines. The remaining five MWs will be installed by the end of the year, confirmed Helder Serrano, administrator of Generg, the project's promoters.

When fully operational the plant will generate 21.3 gigawatts per hour of 'clean' energy, per year, to be incorporated into

the national grid, which is "slightly more than the annual electricity consumption average for the county of Ferreira do Alentejo".

With regards to "benefitting the environment", the plant, which is the Generg group's first photovoltaic project in Portugal, will substitute the importation of seven thousand tons of fuel (around 48,000 barrels of non-refined petrol) and will allow sav-

ings of around 12,000 tons of CO2 emissions.

It is one of the largest socio-economic investments in renewable energies in the Alentejo.

Once fully equipped the Generg group's solar centre will be the second largest in Portugal, after the Vila da Amareleja energy producer in Moura, which has been operational since December 2008 and is also the largest in the world.

## High tension rears its ugly head again



One of the eastern Algarve's most idyllic rural retreats, a mountainous range eight kilometres north of Stª Catarina de Fonte do Bispo (Tavira) which is affectionately known to locals as 'the cloud factory' and comprises a cluster of unspoilt villages, is under threat of being invaded by two large-scale energy projects that are causing residents to unite in uproar, and who are promising to go to all lengths at their disposal to ensure the projects do not follow the proposed route.

The quaint villages of Malhada do Judeu, Água de Tábuas and Aporfiosa could all be affected by the two reportedly 'massive' projects, which will see the installation of High Tension (HT) cables and pylons as well as a wind turbine farm.

News of these projects broke last year and caused immediate unease within the normally tranquil hub, which despite comprising fewer than two dozen properties with full time and part time residents, is home to a variety of nationalities and families, young and old.

Residents this week claimed they were not officially informed of these projects or of a public consultation phase, which they say they found out about "purely by chance just prior to its closure date", nor were they reportedly told of the subsequent alleged approval of one of two proposed routes for the HT network.

Immediately a protest campaign was launched, resulting in a petition comprising 853 signatures, 165 official forms and an additional petition with 43 signatures opposing the proposed HT lines. These documents were all

submitted to Tavira City Hall, the Ministry of the Environment, to the State Secretary for the Environment and the local Parish Council.

To date, this action has reportedly been "completely ignored", leaving the despairing residents "furious".

Should the planned projects go ahead they will entail a series of unsightly HT pylons, measuring up to 50 metres in height, as well as the installation of three wind turbines, each measuring 80 metres in height, one of which is believed to be positioned just 200 metres from the high voltage cables.

Health, noise and aesthetics aside, residents fear these proposed plans will not only "devastate property values" in this region, rendering them unsellable in an already shaky market, but they will also deter prospective visitors to the region, as a consequence a plan for 22 properties to be developed there are, from the offset, practically worthless.

Furthermore, given the location's geographical position, which for most of the winter months is enveloped in mist, it

boasts a unique micro-climate that nurses a native flora, an unusual moss, and lichens that are likely to be disturbed by the work and heavy machinery involved.

As a matter of urgency a Residents' Committee has been formed and according to one of the organisers, they will "stop at nothing to protect homes, livelihoods and investments".

A letter from the Committee was sent this week to the State Secretary for the Environment, the Minister for the Environment, the Mayor of Tavira and the President of national energy company REN.

In the document, to which **The Portugal News** had prior access, the residents said they wanted to "make it clear" that they would "do everything necessary to safeguard our livelihoods, our properties, and the future economic stability of this rare and beautiful corner of Portugal".

According to the residents, they will be taking their protest to Lisbon, where they will be demanding an audience at the head offices of REN, the Minis-

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try of the Environment, and the Ministry of the Economy, "who to date seem determined to ignore our protests and desecrate our environment".

A large number of campaign posters were printed this week, which the community will be displaying along the proposed route of the High Tension pylons.

But even though they are feeling "snowed under with the threat of massive infrastructures going up around us", the residents are adamant in stopping at nothing to eliminate this threat.

Toby Jarvis, a British-expat and permanent resident in Aporfiosa with his wife and one-year-old daughter, told **The Por-**

**tugal News** this week, "Our dream of an ecologically sustainable, creative tourist development in Aporfiosa is shattered. With the Government's talk of sustainable investment in the Algarve we are amazed at the complete contradiction in policy. No-one will tell us why our protests have been ignored and no-one is talking about compensation. It will definitely make people think twice about investing in rural areas".

In previous years, two identical, high-profile cases in the Algarve made national and international headlines with High Tension network proposals for the districts of Monchique and

Silves being successfully thwarted thanks to the action of locals. Both routes were altered following pressure from residents, who had the added support of their respective City Halls behind them.

After contacting Tavira City Hall, Mayor Macário Correia said in response to the issue "as nothing is as yet definite I do not want to comment on the matter".

Another source from Tavira City Hall told **The Portugal News** that a letter in the name of Mr. Jarvis has been received in April 2008, though could not confirm whether or not the document in question was the petition.





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# Police resort to 'jotting' after running out of fine slips



During 'Operation Christmas' on the A1 in the Pombal district, traffic police prepare to fine a driver for exceeding the speed limit, using a 'POS' system which allows them to verify the driver's documents and to activate payment on the spot. (Photo: Lusa / Paulo Cunha)



Police officers have complained about running out of fine slips and having to resort to jotting driving offenders' details down in notebooks so the correct paperwork can be filled in and mailed out at a later date. Any lack of material has been denied by the PSP's national headquarters.

Complaints of running out of official fine slips have been made by PSP officers from around the country, who because of this shortage are unable to follow correct procedures at the exact moment of the offence.

Reportedly, new batches of these slips, which are printed by the National Stationary Office and Mint, have not yet reached PSP traffic officers.

A police source told national newspaper *Diário de Notícias* that the unit "does not have any problems with the printing or issuing of direct fine slips, which are being used according to availability for all commands".

He added, "the PSP also has a SCOT Traffic Offence System which eliminates the need for

paper to record details as it is a computer programme to be filled out which ensures its correct printing".

However, it has emerged that earlier this week traffic officers from the Loures region were left with no alternative but to write down in normal notebooks drivers' details and respective offences, so slips could be filled out at a later date and sent out by post. This means fines can only be paid once an official document has been issued via the post.

This contradicts current law which says fines must be paid immediately after the offence has been committed, and also means officers have to do twice as much bureaucratic work.

## Majority of Portuguese prisoners have poor schooling

Recent data released last week by the General Board for Prison Services has shown that the large majority of inmates have little or no schooling, with 34.9 per cent of all prisoners only completing primary school, and 10.9 per cent not even that.

Just 2.4 per cent of the thousands of inmates have some form of higher education.

In December 2008, the month in which the data was collected, 10,760 men and 797 women were being held in prisons across the country.

Amongst women, the percentage of those with no schooling whatsoever was even higher than the men, at 23.6 per cent in comparison to the male 10 per cent. But there were, however, more women prisoners with complete secondary schooling (9.2 per cent, in comparison to the men's 7.5 per cent), and with a higher qualification (4.4 per cent – twice as many as the male 2.2 per cent).

Male inmates represented 93 per cent of prisoners who were enrolled on educational courses in 2007/2008, with 85.7 per cent

studying primary years, 12.4 per cent on secondary education, and 1.8 per cent continuing their higher education whilst inside.

Regarding the female population a higher percentage were studying primary education (93 per cent), seven per cent were receiving secondary education, and one per cent higher education.

Classrooms inside prisons are run as in regular schools where the teacher is in charge and responds to insubordination as they would outside prison, in accordance with rules set by the Ministry of Education.

However prison schooling has a notorious drop-out rate. Many prisoners give up on learning, while others are transferred or freed and do not continue their education.

Last week, **The Portugal News** revealed that according to a 2006 study, it is calculated that three in four of Portugal's GNR and PSP forces did not complete secondary schooling (12th year), indicating 75 per cent of Portugal's security forces were poorly educated.

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## EU agrees to reduced VAT on Lisbon bridge tolls

European Union finance ministers reached agreement this week on cuts in value added tax (VAT) and Portugal's demand to maintain five percent VAT on Lisbon bridge tolls has been accepted by the rest of the bloc, Finance Minister Fernando Teixeira dos Santos said.

"There is commitment on VAT," Minister Teixeira dos Santos said after the Brussels meeting of his EU colleagues, "and Portugal has weighed up its concerns relating to bridges in the Lisbon region."

Portugal had threatened to veto the EU's VAT accord earlier in the week if it did not include toll on two bridges linking Lisbon with dormitory towns on the south bank of the River Tagus.

The European Commission instigated legal proceedings against Portugal's Government last year after its decision to cut toll VAT on the bridges in question from 20 percent to 5 percent. *TPN/Lusa*

## Woman murdered by boyfriend on Women's Day

A 26 year old woman was killed on Sunday night, it is presumed by her partner with whom she lived, in Mexilhoeira Grande, Portimão.

The woman was attacked with a sharp object at around 23h00 on Sunday night and

died shortly after, despite Emergency Services' efforts to revive her.

The woman's partner is the main suspect as he has not yet been tracked down by the PJ Police, the security force in charge of investigation.



# Lower classes turn to the Church for help

This was confirmed by the head of Cáritas Portugal, Eugénio Fonseca, during a conference for Cáritas' National Help Week, which started on Monday, finishing Friday 15<sup>th</sup> which aims to raise awareness about the current economic crisis and the increasing effects it is having on Portuguese families.

"We are in difficult times, of financial crisis and unemployment, and it is urgent that citizens are conscious that it is necessary to invest in sharing goods amongst society".

All of Cáritas' sub-divisions, which are spread throughout mainland Portugal and its islands, have noted "a rise in the number of requests for help from low to middle class families who are suddenly faced with unemployment caused by the relentless economic crisis".

Social Assistant Ana Soeiro, of the Beja diocese, confirmed the number of requests for help there had risen and that "many families are going through situations of extreme poverty".

In that region the number of people asking for meals is constantly rising, as "they cease being able to pay their rent, because they have become unemployed or because they simply cannot afford to eat every day".

In 2007 Beja's soup kitchen served 32,366 meals to the hungry and needy, in 2008 that

According to the Episcopal charitable association Cáritas, which helps underprivileged individuals from north to south of the country, Madeira and the Azores, Portugal's lower and middle classes from all over are increasingly asking for help with the likes of paying for food and rent.



The President's wife, Maria Cavaco Silva, visited the Caritas Diocese in Funchal with the President of the institute, José Barbeito, in April last year. (Photo: Lusa / Homem de Gouveia)

number rose to 41,690, nearly 10,000 meals more. And according Ana Soeiro, "this year alone, in January and February there were more than four thousand meal requisitions".

In Braga, where factories and plants are closing down on a daily basis, the scenario is repeated, as José Carlos Dias, head of the local Cáritas branch explained "more and more unemployed people are turning up, who don't have money to pay for rent and food".

"In 2008 our communal refectory fed 715 family units, and this year that number will be substantially surpassed as the number of requests for help continues to rise".

To help ease this situation Cáritas carried out a national street-collection.

All contributions will be distributed amongst national dioceses, which will pass them on to those most in need.

Last year around €252,000 was raised through a national collection, but this year, given current circumstances, organisers are hoping to far exceed that amount.

Cáritas Portugal is an official Episcopal institute to promote and boost the Catholic Church's social work, which aims to help those who are "affected by some form of exclusion or emergency, without being influenced by belief, culture, ethnicity or origins".

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# Portugal world's 17th most competitive tourist destination



It has recently transpired that Portugal is amongst the world's 20 most competitive tourist destinations, more accurately, being placed 17<sup>th</sup> by the 'Travel and Tourism Competitiveness 2009' report which was released this week.

This is an achievement Portugal has accomplished for two consecutive years, in a report that is composed by the World Economy Forum.

In the top spots, the world's most competitive countries regarding tourism and travel are Switzerland, Austria, Germany and France.

Portugal is also amongst the 20 most sought-after countries, taking 18<sup>th</sup> place in this ranking. It has been distinguished for its hospitality, the number of

monuments classed as 'World Heritage', the number of international events and trade fairs that are organised in this country, and the number of sport stadiums it has.

The quality of road networks and mobile phone coverage as well as the availability of foreign labour also played in Portugal's favour.

In total 133 countries from all over the world were analysed on 14 different criteria of competitiveness, amongst which were the environment, politics, infrastructures, and natural, human and cultural resources.

## Slight decrease in nights spent in EU hotels in 2008

In 2008, 1,578 million nights were spent in hotels and similar establishments in the European Union, a decrease of 0.5 percent compared with 2007, after rising 3.4 percent in 2007 and 2.9 percent in 2006.

The number of hotel nights spent by residents in their own country in 2008 was stable, while hotel nights spent by non-residents fell by 1.1 percent.

In the EU27, the number of hotel nights increased by 1.6 percent in January-April 2008, decreased by 0.5 percent in May-

August and fell by 3.2 percent in September-December, compared with the same periods of the previous year.

In 23 of the 26 Member States for which data is available, the lowest growth rates were recorded for the end of year period (September-December).



Tourists crowd the beach in Albufeira. (Photo: RTA)

## IRS 2008: Income

by Dennis  
Swing  
Greene

### Nº1 INCOME FROM SALARY

In this series of articles, we examine different forms of income that must be reported on "IRS" tax declarations:

1. Income from Salaries
2. Self-Employment - the Simplified Regime
3. Income from Capital - Bank Interest
4. Income from Capital - Dividends
5. Rental Income
6. Capital Gains on Investment Portfolios
7. Capital Gains on Real Estate
8. Pension Income

Wage earners have little choice when it comes to submitting a tax return. Since tax on salaries is normally withheld at source, one of the main objectives in filing is to seek out ways to a refund. Before exploring deductions and tax credits, first it is essential to understand what constitutes taxable salary income besides your pay cheque.

### QUESTIONS AND ANSWERS:

*In addition to my salary, do I have to declare any fringe benefits?*

Yes. Salaried workers must declare all forms of income as well as all goods and services paid for by the employer, such as:

- salaries
  - subsidies
  - commissions, prizes
  - housing allowances
  - insurance
  - children's education
  - personal use of company cars
- Other than occasional tips, is there anything else I should declare?*

The following are also considered to be taxable income in this category:

- Tips and gratuities (taxed at a flat rate of 10%)
- Advances for pay or for non-reimbursed expenses
- Gains obtained from the sale of Stock Options

- acquisition of a company vehicle at a reduced value
- certain types of severance and redundancy payments.

*How are these benefits reported? On my pay cheque? At the end of the year?*

The value of these benefits should be reported on pay statements and are subject to normal withholdings.

### What about annual Statements?

Employers are required to provide employees with an annual statement by 20th January which must include the following information:

- Salary
- Income tax withheld
- Contributions to Social Security
- any taxable subsidies or support

*My employer gives me lunch subsidies. Are these taxable?*

Employer cost supports and subsidies above the following daily limits are also taxable:

meal subsidy	€ 6.17
meal subsidy voucher	€ 6.99
travel within Portugal	€ 60.98
travel abroad	€ 144.71

travel by: (per km)

own car:	€ 0.39
public transp.	€ 0.12

taxi:

one person	€ 0.37
two	€ 0.16/each
three or more	€ 0.12/each

**Next: Self-employed - the Simplified Regime**

Dennis Swing Greene is Chairman of the Board and International Fiscal Consultant for euroFINESCO s.a. Private consultations can be scheduled at in Guia (Albufeira) 289561333, Lisbon (Chiado) 21342421 and in Funchal (Sé), Madeira 291221095. Order your copy of our 144 page book, "Portuguese "IRS" Individual Income Tax 2008" by e-mail at [info@eurofinesco.com](mailto:info@eurofinesco.com) or on the internet at [www.eurofinesco.com](http://www.eurofinesco.com).

## Travel agencies surviving crisis

According to Portuguese News Agency,

Lusa national travel agencies are coping well with the current financial crisis, some in fact even say that Easter bookings are looking better than this time last year.

Cape Verde, Brazil, the Algarve and Madeira are all top destinations for the Easter period, where interest has, according to a number of travel agencies, not waned since last year.

While Agencies Abreu and Top Atlântico claim to be receiving enquiries that are on a par with last year's interest, Soltrópico said the number of clients purchasing tickets through its services has almost doubled in comparison to 2008.

"Reservations are going as normal", Top Atlântico administrator Helder Alves told Lusa.

He added "the number of people making reservations is within our expectations, that is, on a par with 2008".

For Abreu, the beginning of the year was somewhat slower, but things have picked up and "reservations are now proceeding at a good pace".

Soltrópico claim they have experienced a 91 percent increase in the number of people making Easter travel arrangements via their agency in comparison to the previous year.

According to Soltrópico 1,674 people have made travel reservations through them.

Destinations of preference all reflect a demand for sunshine, the most popular being Cape Verde and Brazil, the Algarve or Madeira.

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## Calls grow for temporary suspension of car tax



The President of Automóvel Clube Portugal has urged the Government to suspend car tax for two years in order to convince the Portuguese population to purchase cars. Carlos Barbosa says the Government will be shooting itself in the foot if it does not employ this measure, which has been used in several European countries beforehand for similar purposes.

The purpose of the tax exemption would be to boost car sales at a time when sales have dropped 42 percent in comparison to last year.

Besides a car tax suspension, Carlos Barbosa would like to see fuel taxes reduced as well, but it seems unlikely as these cost-cutting measures for the population would represent a huge loss for the Government. If both these fiscal respite were implemented, it would cost the State

around €1.2 billion.

So far the Government has not shown any interest in pushing these measures and Carlos Barbosa considers it to be a mistake: "The State is losing millions with the fall in sales and if it reduced these taxes it would make a lot more money." He says it is time for the Government to "stop with its greed and it should alleviate the taxes on car purchases and maintenance."



Cars parked at the Autoeuropa factory in Palmela. (Photo: Lusa / Carlos Santos)

## Portuguese woman could land 'Best job in the World'

Born in Toronto and of Portuguese-Lebanese descent, 28-year-old Christine Estima is amongst the 50 finalists who were shortlisted candidates for what is being dubbed 'the best job in the world' – a six-month PR position on the exclusive Hamilton Island, Australia.

The successful candidate will be paid a €60,000 wage for the six months spent promoting the island, which will consist of writing blogs, diving, sailing, and generally promoting local tourism.

Encouraged to participate by her friends, Christine, who currently resides in London, was one of 30,000 candidates and found out she had made it to the final 50 on her 28<sup>th</sup> birthday, March 2<sup>nd</sup>.

To stand out from the tens of thousands of other hopefuls, she made up a one-

minute rap video-clip in which she tells of her experiences as a vegetarian traveller and nature lover.

After moving to the UK Christine decided to strengthen her Portuguese ties and has obtained Portuguese nationality and passport. She has travelled extensively and is the author of various stories and theatre plays, as well as having worked as a freelance culture journalist and participating in a British TV reality show.

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# Run4Rod

The Run4Rod appeal was launched at the end of this month when Touche Smyth tackles the Lisbon half-marathon on March 22<sup>nd</sup>.



Touche – better known as an actress with the A Portada Theatre Group, than for her running abilities – is raising funds to support her husband Rod who is awaiting a kidney transplant. Under normal circumstances his transplant would take place in Portugal but Rod's medical history is complex and therefore the operation can only be carried out in the UK.

Rod has had diabetes since childhood and he was diagnosed with kidney failure a month after the birth of the couple's daughter, Phoebe.

When the preferred option of receiving a kidney from a relative was unsuccessful, Rod went onto the kidney transplant waiting list in Portugal. Shortly afterwards he required major heart surgery and underwent an emergency triple bypass. This operation was followed by a dreadful setback when a stroke left Rod paralyzed on his left side.

He had to give up his business, Tom and Jerries Diner in Albufeira and worse still - because the extra

complications reduced his chances of surviving a kidney transplant operation - he was taken off the waiting list in Portugal.

In the UK, where there have been many more years of experience in dealing with high risk patients, Rod would be eligible for a transplant but as he has lived in Portugal for many years, he is not entitled to free NHS care.

In principle the Portuguese Health Service has agreed to pay for Rod's operation in the UK but there is a waiting list of two and a half to three years. After years of dialysis Rod has already passed the optimum time and the speedier option is for Touche to offer her kidney into a 'paired/pooled exchange programmed.' Through this system three or four compatible donors and recipients are operated on simultaneously.

This option comes with its own set of obstacles as funds are needed to cover the expense of the donor's operation which the Portuguese Health Service may refuse to pay for. Furthermore Rod's

living expenses will have to be covered as it is a requirement that he stays in the UK for six months following the transplant. This is in order to monitor the kidney and make certain it is not rejected.

The Lisbon half marathon on the 22<sup>nd</sup> March is the first of many fundraising events. If you wish to sponsor Touche, or to help in any way, please look at the Website: - [www.run4rod.com](http://www.run4rod.com) or e-mail [rtpsmth@hotmail.com](mailto:rtpsmth@hotmail.com) or call on 919 910 139.

## Comic relief ladies lunch in Algarve

The Eastern Algarve Ladies Luncheon was started twenty years ago by a lady called Margot Firkin. A group of ladies got together once a month for lunch, to chat and discuss topics of interest.

During the last 15 years the club has grown a lot. The group started with only 12 ladies, since then it has grown, with ladies coming from both the west and central Algarve. The club has since split into different groups, for the various different areas.

The eastern ladies with 50+ members, often bring guests. They meet once a month, on the 1<sup>st</sup> Wednesday of each month, have a raffle and eat at different venues along the eastern Algarve.

Our club's aim is for expats to meet new friends and enjoy different company plus have a lovely meal. Sometimes they have guest speakers, fashion shows and once a year an Xmas party. Making donations to local charities.



The Eastern Algarve Luncheon first red nose day on Wednesday, 4<sup>th</sup> Feb. raised money for the event.

## One service for all churches

The International Baptist Convention is sponsoring a Ministry Leadership Conference at the Tivoli Almorsor Hotel in Carvoeiro from Friday, March 13th to Tuesday, March 17th.

The conference is for pastors, church staff, key leaders and their spouses. The convention is comprised of more than 65 English-language churches who support

missions located in 24 countries.

On Sunday, March 15th, the conference will host an ecumenical service at the hotel at 7:30pm, to which all the congregations from local churches are invited. The speaker will be David Walker from Alamo City Christian Fellowship, San Antonio, Texas. For more information call 282 461 985 or 917 358 098.



Jenny Grainer presenting a cheque to Dr<sup>a</sup> Maria de Lurdes Pereira for €4,000 on behalf of The Algarveans Experimental Theatre Group. Funds raised as a result of their recent variety show 'Algarveans X-Posed.'

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## Ancient finds in Lagos reinforce need to preserve riverside



After turning over large flagstones along Lagos' riverfront, archeologists found historic remnants that date back to the era of the Discoveries and which are thought to be part of the original structure of Infant D. Henrique's 'Old City'.

One of the City's main objectives now is to elevate the importance of preserving the riverside area, largely by relocating current parking, which runs along the entire stretch of the river front, to underground car parks with a capacity for 900 vehicles.

Amongst the finds uncovered below the pavements were remnants of a 17th century pier, two gateways and a wall that ran from the Palace of Governors to a Military refectory.

It was during excavations for one of two new car parks, which together will create parking for 900 vehicles, that these artifacts were unearthed.

The Polis-sponsored project also aims to widen the walkway along the river.

Upgrading the riverside area will cost the City Hall some 2.2 million euros and is part of a third and last phase of the 'Polis programme', which in total represents a 5.5 million investment and saw the creation of the City's 'Green Ring' park, as well as upgrading the historic centre, which were phase one and two respectively.

To complete the project, according to Lagos Mayor Julio Barroso, the final step will be the handing over of the 'Slave Market' building, which currently belongs to the Government's Military division and is frequently used for art exhibitions, to the City Hall to become a "permanent museum dedicated to the era of slavery".

However, it is understood that the Ministry of Defence is somewhat reluctant to concede the building to the City Hall despite lengthy, on-going negotiations.

Meanwhile the City Hall has come up with a set of measures to encourage local real estate developers to declare any archaeological finds as opposed to hiding them from the City Hall, and subsequently add historical value to the local area.

Current law states that land owners must pay for archaeological digs if remnants are found, suggesting in some cases, this is not done to avoid extra expense.

A deduction of municipal taxes is included in the measures, to represent between 80 and 100 per cent of the dig fee.

In related news, only eight of the Algarve's 16 City Halls have archeologists among its employees.

## Men caught selling hashish at school

Two young men, aged 17 and 21, were arrested outside a secondary school in Montechoro last week for selling drugs.

Both men were caught in the act by police officers, who had been carrying out an investigation for around two months.

The younger criminal, who attended the EB 2,3 Montechoro Secondary school, had over 70 individual doses of hashish in his possession.

Both criminals were heard in a pre-trial and are now awaiting to be summoned to Court.

## Mars Bar day



Pictured above, the Mars Bar's 10th birthday party where there was live music and dancing with plenty of lovely food. Over 100 people attended from England and Holland, together with locals and it was rated the best party Manta Rota has ever seen. Marion is to be thanked for her wonderful spare ribs which people even took home on the plane. Mars Bar is shut on Mondays, and can be contacted on 281 952565.

## Kiss FM licence extended



The Albufeira-based radio station, KISS FM, has been awarded another 10-year extension of its broadcasting licence.

The decision, made by ERC - the Portuguese radio governing body in Lisbon - means that KISS FM will continue to broadcast in English on 95.8FM in Loulé and 101.2FM in Albufeira for another decade.

A number of other stations, who did not conform to ERC standards, have had their licences revoked.

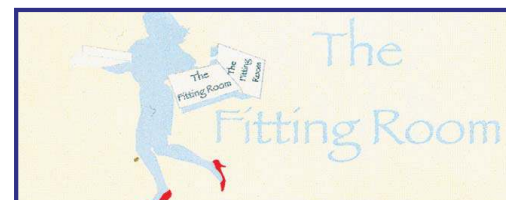
The Authority requires stations to broadcast local news and programming, but those who

failed to meet these standards, in some cases not even having a local studio or employing local staff, will have to close later in the year.

KISS FM owner, Paul Buick, who first started local radio in Albufeira in 1986, said in a statement sent to **The Portugal News** he was "delighted at the news, as KISS was an important part of local life, reflecting tourism, culture and vital information for people living in the Algarve and visitors alike."



A tea Dance was held at the Silves Cine Theatre last Sunday. It was a great success with more than 60 people taking part. The next one is planned for 19th April. The proceeds, €320, were donated to the Castelo de Sonhos. For more details please telephone Celia on 282 332 665.



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# Estoril natural springs reopen after half a century



An international spa, due to open soon in Estoril, will be using Estoril's forgotten natural springs as part of its treatments and well being therapies. The springs closed in 1961 as the hotel in which they were located was demolished and only now will their use be revived for therapeutic purposes.

Believed to be used back in the seventeenth century, Estoril's natural springs were inaugurated in 1918 within the Hotel do Parque, but were closed down after the Hotel was demolished in 1961. Almost fifty years later, the new 'Elements Spa' complex will be reviving this natural gem and offering therapeutic services in conjunction with the springs.

The 'Elements Spa', located near the Casino and the Congress Centre in Estoril, is being built by the Estoril-Plage society and Oway Imobiliária and is now in its final stages of construction.

Its opening has been postponed several times in the past couple of years, but Geoplag administrator Hugo Santos explained: "What happened was that we opted for a management contract with Banyan Tree and the decoration details had to be altered. Now we are counting on opening in the first semester, although I can't guarantee the deadline."

According to the administrator, the complex will have two distinct sections: one dedicated to spa treatments, such as beauty and well being treatments, and

another committed to preventive therapies, treatment of pathologies and dermatological, muscular, bone and respiratory lesions, all being treated with the 34°C water which is presumed to originate from below Sintra's mountain range.

Hugo Santos did not divulge the cost of the new spa complex, but two years ago Estoril-Plage administration revealed the total investment would be €21 million, although it might now have exceeded initial estimations as its inauguration has been postponed several times.

# Degrading building



The Ministry of Health building in Lisbon is in an advanced state of degradation, sparking outrage from local residents who live in surrounding buildings, saying it could collapse at any moment. They are now threatening to take the entity to Court if renovations are not carried out in the near future. (Photo: Miguel A. Lopes/Lusa)

## 'Community & Service Learning' conference

From March 5<sup>th</sup> to 8<sup>th</sup> Saint Dominic's International School, in Lisbon, hosted the 2<sup>nd</sup> annual 'Community and Service Learning' conference, addressed to the international students.

Over 200 students from 17 countries such as Germany, Austria, Netherlands, Italy, Jordan, United Kingdom, United States of America, Russia, Turkey, Ukraine and Portugal, participated in this event.

The opening session was held by the Mayor of Cascais, António d'Orey Capucho, with further lectures being given by Salvador Mendes de Almeida,

founder of Associação Salvador, and Cathryn Berger-Kaye, Service Learning International Consultant, providing students and teachers with the opportunity of participating in activities and workshops as well.

Students were also able to visit several non-profit organizations in order to understand the work, as well as confirming their role not only as students, but also as active and participating members of their community.



# Lisbon loses residents as construction booms



Over the past half a decade Lisbon had lost more than 300,000 inhabitants, who preferred to reside elsewhere despite the amount of housing having increased five-fold.

It is estimated that 60,000 properties are left empty as people choose to live outside the city.

Re-conquering those who left Lisbon or attracting new residents in one of the Local Housing Plan's (PLH) main goals, along with renovating buildings and making the rental market more dynamic.

In 1960 an estimated 800,000 people lived in Portugal's capi-

tal city, though now a little over 500,000 make it their place of residence and its current population is almost twice as old as the rest of the region and the national average.

According to data from local authorities, between 1997 and 2007 Lisbon City Hall spent €1,135 billion on habitation and rehabilitation. However, between 1992 and 2001 it lost

100,000 inhabitants, and the National Statistics Institute predicts the City will continue to suffer an average loss of 10,000 people per year.

In 2001 Lisbon had more than 40,000 empty houses, though that figure is now estimated at around 60,000.

Comprising these are 4,681 abandoned buildings, the majority of which are privately owned and 300 of which belong to the City Hall.

Regarding public institutions, to better serve its inhabitants Lisbon would need seven new health centres and to replace a further 18; more schools are needed as there are 18 districts in Lisbon that do not have a crèche, thus if Lisbon was to cover even an average of 50 per cent of its population 76 new crèches would need to be constructed.

The number of people renting housing in Lisbon has also fallen, from 60 per cent to 47 per cent.

## WRVS - Social Tea

The WRVS Social Tea will be on Tuesday 17<sup>th</sup> March at 3pm Quinta da Fonte (British Retirement Residence) São Pedro do Estoril.

As this is St Patrick's Day, we will enjoy a short film about his life and work, with commentary from Desmond Green 'What St Patrick means to Ireland', followed by singing some Irish songs!

Afterwards we will serve re-

freshing Tea, sandwiches and cake.

Everyone is most welcome. We would appreciate your punctuality.

Entrance donation: €1  
Please phone 214 688 694 for more information.

## Trash & Treasure Annual Meeting

The Annual General Meeting of Trash and Treasure will be taking place on 24<sup>th</sup> March at 10.30 am, at the shop in Praça do Junqueiro, 5B, Carcavelos.

## Who says the Portuguese aren't creative?

My friend Sally says the Louvre contains no Portuguese painters; only one Portuguese author has won the Nobel prize (he lives in Spain); and few Portuguese ever make their way into symphony halls, designer runways, Amazon's top ten or music's greatest artists.

But Sally, I've turned up an area where the locals do shine: in creating their own illegal parking places. Let's look, and you, readers, can choose your favorite.

First we have "The Recycler". This early morning driver straddles the solid yellow line, jumps the curb, sits out into the street and butts up to the recycling bins. I thought he'd parked long enough to leave his plastic and glass then leave, but when I saw the car five hours later, I realized he was in for the day.



Ms Mercedes stopped in front of the local bread store seemingly for a quick *paozinho*. The zebra lines on the street must have meant "It's

Ok for the day" as she only returned hours later with no bread in hand, but lots of Zara bags. Two local policemen cruised by and even stopped into the store for a soda, but overlooked Ms Mercedes. Maybe I have the meaning of the zebra stripes wrong? Do they signify, "Please park here"?



This busy street has now transformed into a parking lot. I called these cars "Jumped the Gun." The Cascais Câmara has generously given a large plot of land only meters away, but these drivers have shunned it for their own spots, blocking large trucks, wide cars and preventing sidewalk pedestrians and bicycles from passing.

When I gave the driver on the left the "what's up?" sign, he shot me back a nasty finger and two x-rated words.



Westheimer

Finally we have "The Tree Hugger". First he's parked on the wrong side of the street (Is that even a law here?), next he's covering the thick yellow line and finally he leaves no space for us to walk unless we want to be hit by the cars that tear up this street barely missing school children, dog walkers (me) and others who want to arrive where they are going alive.



Imagine: if all that creativity and energy went into reviving the sagging economy, reading books instead of *A Bola*, or lobbying to raise the minimum wage so that more of the country's best and brightest stayed here.

Then Portugal would find itself once again the glorious country it once was and rightly deserves to become again.

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# We Are Probably Not Alone

The real wonder of our age is this. You can go on the web, type in PlanetQuest New Worlds Atlas, or Extrasolar Planets Encyclopedia, or NASA Star and Exoplanet Database, and directly access the data on 340 new planets that have been discovered in the past five years.



That number is set to grow very fast now, for last Saturday NASA (the US National Aeronautics and Space Administration) successfully launched the Kepler telescope, which will find many more planets including potentially Earth-like ones. It will stare unblinkingly at an area of space containing about 100,000 relatively near stars, watching for the tiny dimming of a star that happens when one of its planets passes between the star and us.

I enjoyed writing that last sentence. I couldn't have written it ten years ago, because we still didn't know then whether it was normal for a star to have planets. Maybe planets were very rare, and life a thousand times rarer, and we were the only intelligent life in the galaxy. That always seemed pretty unlikely, but you couldn't prove otherwise.

Well, now we know that planets are as common as dirt. New techniques that can see past the blinding glare of the parent star to pick out only the faint light reflected from a planet's surface have found them around more than a hundred nearby stars. It's like spotting a candle burning next to a lighthouse from a thousand kilome-

tres (miles) away, but it works.

The Kepler telescope mechanises the process. If any of those 100,000 stars have planets that orbit in a plane that causes them to pass between the star and us, Kepler will spot them by the dimming they cause as they pass in front of the star. Probably thousands of the stars have planets orbiting in that plane, so now the tally of "exoplanets" (planets orbiting other suns) is going to go up very fast.

Even in that tiny section of sky, Kepler will probably miss tens of thousands of other planets whose orbits don't bring them between their star and us. Moreover, the great majority of the planets it does find will be gas giants like our own Jupiter and Saturn, just because gas giants orbiting close to their stars are the easiest planets to spot. But those are planets that cannot support our kind of life; the real triumph is finding planets like our own Earth.

The closest astronomers have come so far is a planet called Gliese 581 c. It's the middle planet of three orbiting Gliese 581, a star about twenty light-years from here — it may have other planets, but we can't see them — and it's only one and a half times the diameter of Earth. It is a rocky planet like our own, not a gas giant, and it is in the "Goldilocks Zone" around its star where the temperature is neither too hot nor too cold to permit liquid water on the surface.

Gliese 581 c is not another Earth. The gravity is much higher, it is very close to its sun (which is smaller, dimmer and cooler than our own), and it whips around it every 13 days compared to our 365 days. But it could potentially support our kind of life — which makes it, just for the moment, the second most interesting object in the universe after our own planet.

We still cannot see if it has an atmosphere, and if so whether it contains the telltale gases that indicate the presence of life, but a new generation of orbiting observatories that are planned for the next decade — NASA's Terrestrial Planet Finder and the European Space Agency's Darwin project — could give us the answers. Darwin, for example, is going to survey 1000 of the closest stars, looking for small, rocky planets and seeking signs of life on them.

Two big consequences are going to come out of this. One is a long and tempting list of Earth-like planets in our own stellar neighbourhood. It's quite likely that there will be evidence of life on many of them.

Unless we can discover some loophole in the laws of physics, we may never reach them, for the distances involved are immense, but from now on they will always be there, beckoning us to come and visit, even to come and set-

tle them. The knowledge that there is a destination worth going to can be a powerful spur to innovation.

The other consequence is a huge question about intelligent life in the universe. If planets capable of supporting life are so commonplace — last month Dr Alan Boss of the Carnegie Institution of Science told the annual meeting of the American Association for the Advancement of Science in Chicago that there could be a hundred billion of them in this galaxy alone —

then where is everybody?

Is intelligence a rare accident in the evolutionary process, or such a self-destructive attribute that intelligent species don't usually survive more than a couple of centuries after they industrialise? Are they all observing radio silence because there is something dreadful out there? Or have we just not figured out yet how mature galactic civilizations communicate?

I enjoyed writing that paragraph, too.



Gwynne Dyer.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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# Angolan President concludes inaugural Portugal visit



Angolan President José Eduardo dos Santos upon his arrival at the Portuguese N1 Air Force Base in Lisbon 9 March 2009 to start a two-day official visit to Portugal. (Photo: Lusa / Manuel de Almeida)

Angolan President José Eduardo dos Santos was on a state visit to Portugal this week, his first in nearly 30 years in power, in a sign of increasingly strong relations between the African oil powerhouse and its former colonial ruler.

The two-day visit kicked off with ceremonies in Lisbon's Empire Square beside the Tagus River, followed by talks between dos Santos and his host, President Cavaco Silva, at nearby Belém Palace.

Later on Tuesday, the Angolan leader visited Parliament and the headquarters of the eight-nation Community of Portuguese Language Countries (CPLP).

Portugal's First Lady, Maria Cavaco Silva, hosted dos Santos' wife, Ana Paula, in a separate programme.

The highlight of the dos Santos stay in the Portuguese capital was, after a meeting with Prime Minister José Sócrates, the signing of an accord between Portuguese state bank Caixa Geral de Depósitos and Angolan oil company Sonangol for the creation of an investment bank.

Since the end of Angola's

nearly three decades of civil war in 2002, the country has become Portugal's fourth largest business partner with each side making large investments in the other.

In a new sign of the robust bilateral ties, Lisbon's Foreign Ministry announced on Monday that 200 Portuguese teachers would be sent to five Angolan provinces later this month to aid Luanda in its massive post-war education programmes.

Dos Santos, who arrived in Lisbon Monday evening, came to Portugal on his first state visit following his MPLA party's landslide legislative election victory in the first post-civil war polls last November, a triumph that sidelined the UNITA party, its opponent during the 27-year fratricidal conflict.

Not all Portuguese welcome dos Santos' visit with applause.

The small Left Bloc boycotted the formerly Marxist Angolan leader's visit to Parliament because of its opposition to Luanda's record on "human rights, press freedoms and very conception of democracy".

Separately, Angola's human

rights record is one of "deep concern", Amnesty International (AI) said ahead of the Portugal visit of the Angolan President.

In a letter sent to Portugal's Foreign Minister, Luís Amado, and President Cavaco Silva, AI's Lisbon branch urged Portugal's leadership to raise rights concerns in their talks with President dos Santos during his 48-hour visit.

AI identified "various situations of human rights violations" and the "lack of accountability of Angolan police", as well as "forced re-housing" of citizens and the "unfair" trial of reporter Fernando Lelo, who the global rights watchdog described as a "prisoner of conscience."

AI also called on Lisbon's government to ask Angola's leader to intervene to grant visas to senior AI officials who wish to visit Angola.

The London-based advocacy group said it applied for two visas last year at Angola's embassy in the UK capital, but it maintains it has not been given clearance from Luanda to issue these travel documents.

TPN/Lusa

## • FREE FLIGHTS •

**Do you have Eagle Eyes? Look through the adverts (not editorial) in this week's paper and see if you can spot 3 Aer Lingus shamrocks (see the photo beneath). Some may be easy to spot, others well hidden or only partially visible. When you have found the three shamrocks, email us with the company names of the three advertisers.**



## Win 2 return tickets every week\* Faro/Gatwick with Aer Lingus on their new route

Aer Lingus are launching a new route between Faro and Gatwick starting on 26<sup>th</sup> April. To celebrate the launch, they are offering our readers two free return tickets every week until April 3<sup>rd</sup>, a total of twenty tickets, so if you don't win this week, try again next week\*. The tickets can be used in either direction (starting from Faro or Gatwick) and are valid until 30<sup>th</sup> June 2009. They include all taxes and airport charges and the prize also includes one checked-in bag per person of up to 20 kilos. Please bear in mind that the tickets are offered on the basis that seats are available on the requested flights, so book as far in advance as you can.



Aer Lingus will be flying twice a day. (from April 26<sup>th</sup>), departing from Faro at 09:25 and 20:45, and from Gatwick at 05:50 and 17:20

### Pre-assigned seats and hot catering

Passengers can pre-book specific seats in advance for a small fee, or will be assigned a seat free of charge at check-in. Hot meals, including an 'Irish Breakfast' are available on-board for €9, plus snacks and sandwiches and a range of hot and cold drinks.

Bookings can be made online at: [www.aerlingus.com](http://www.aerlingus.com) or at any travel agent in Portugal, or through Aer Lingus at Faro Airport or their Lisbon office.

Last week's winner: Mrs Valerie ILLING of Luz

There is no cash value or alternative to the flight tickets, which are non-transferable. Frequent Flyer points or air miles cannot be used in conjunction with the prize.

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## EU concerned at Macao barring of HK residents

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The European Commission is concerned at Macao's recent denials of entry to some Hong Kong citizens, a Brussels official said this week on a visit to the former Portuguese-controlled enclave, now considered the world's gambling capital.

Maria Castillo Fernandez, who represents the two Special Administrative Regions in Brussels, said the Commission "has followed with interest the case and has already expressed some concern."

A number of Hong Kong residents, including pro-democracy lawmakers and a prominent academic, have been barred recently from entering Macao, whose immigration authorities say the territory's new state security laws are behind their decisions.

Fernandez said Brussels, besides concerns over Macao's turning back of Hong Kong nationals, is also mindful that Macao's own citizens' rights must not be infringed by potentially repressive legislation.

TPN/Lusa

for more info about the course: [www.pestanagolf.com](http://www.pestanagolf.com)  
for more info about All Saints: [www.allsaintsalgarve.org](http://www.allsaintsalgarve.org)



## Algarve Tree Services can now remove your unwanted tree stumps

After nearly 3 years of carrying out high-quality tree work across the region and into Spain, Algarve Tree Services can now offer an alternative method of removing unwanted or unsightly tree stumps for their clients.

The use of Stump Grinding machines is fairly common in the UK but relatively unheard of in the Algarve. These machines do away with the need to hire diggers or JCBs, with the associated possible damage to lawns etc., as they target just the stump with minimal ground disturbance, allowing re-instatement of your lawn or re-planting to be carried out.

"Sometimes the tree stump is inaccessible to a JCB-type machine; our stump grinders require only 86cm of access width, for the large, self-propelled model, and 65cm for the smaller



machine," says Martin Foy, owner of Algarve Tree Services.

"The machines will tackle any size or species of tree stump and grind it down to 80cm below ground level, more than enough for lawn re-instatement or re-planting.

Our clients are pleased we can offer this service, in addition to tree surgery, when it is necessary to fell a tree" explained Martin.



## Só Tinteiros

Based near Lagoa and established in 2006 by photographer Frank Murray, Só Tinteiros re-manufacture laser toner cartridges and sell compatible HP and Lexmark inkjet cartridges.

Remanufacturing simply means stripping a cartridge to its component parts (see photo) cleaning all parts or replacing any that are damaged or worn, re-assembling and refilling the cartridge with a dedicated toner, then returning it as new, all for a substantial saving over the cost of a new cartridge.

Some cartridges have 'smartchips' installed and these are replaced as necessary.

Toners are specific to each printer, or group of printers, and there are over

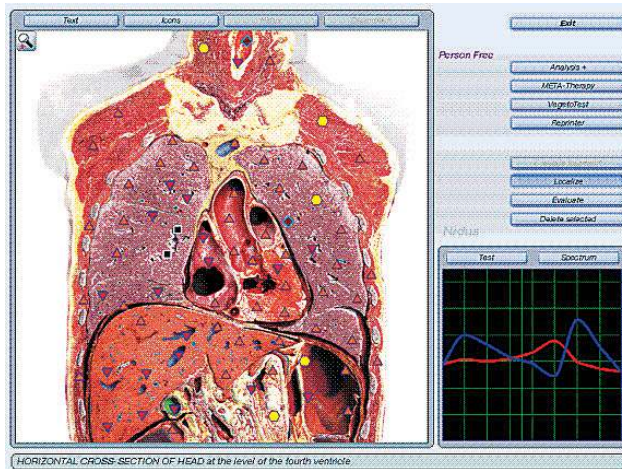
500 toners on the market which differ due to particle size, shape, or electrical charge. The company keeps a stock of the most common toners used in the Algarve, or can obtain a specific toner usually within a few days.

They are also agents for 'Krystal Inkz', a UK based company who remanufacture inkjet cartridges, which have been thoroughly cleaned then filled with dedicated inks of German origin.

They have an outlet in Carvoeiro, R&J Técnica, in Rua dos Pescadores, nº131, Loja 6, on the right side of the road in from Lagoa, where you can either purchase inkjets or leave your toner cartridge for refilling and collect it in 48 hours. A mail service is also offered.



## Frank Jensen introduces the 'Physiospect NLS Diagnostic'



On Sunday 15<sup>th</sup> Frank Jensen will be giving a demonstration of the revolutionary Russian-developed 'Physiospect NLS Diagnostic' system, one of the most unique tools for scanning the various organs and systems of the physical body without having to make a medical or surgical intrusion.

Developed by advanced Russian science it is completely unique in the health field.

Formerly known as the Introspect or the Oberon, the Physiospect is a non-invasive diagnostic and therapy treatment system that uses an infrared scanner and electromagnetic headphones, to analyze and treat all of the body's organs and functions, scanning each organ or tissue on a cellular level, diagnosing illnesses and imbalances / weaknesses that can lead to illness.

Physiospect uses a laser to modulate the carrier frequency for the cell communication, and it uses special readers

built into headphones to read the cells' own signals. It can be used to complement time consuming and expensive medical analyses, is quickly performed, the analyzed result is immediate, and no preparations are necessary for the patient. All test results are stored on the hard disk of the computer and can be compared each visit.

The method is non invasive and without side effects, and Physiospect can prevent the threat of illness, by early detection. Using the system is easy to learn and the instrument is easy to handle. Physiospect together with the computer, is a portable system. If you are interested in obtaining one of these revolutionary systems, as well as being trained to use it and offer its services, contact Frank Jensen. A demonstration will be given on Sunday 15<sup>th</sup> February.

Cost of the unit and programme is €11,900 including three days of training at Moinhos Velhos in Portugal.

## SOS Sky Digital - The wait is over

Finally, after a long wait and testing period SOS Sky Digital wants to be the first to introduce you to the new generation of freesat HD recordable boxes.

Very much like the Sky+ you can pause and rewind live TV and record all your favorite programmes at the touch of a button with out tapes or a disk, but unlike Sky+ you need no monthly subscription, the hard-drive is four times bigger which allows you more recording time and all free HD channels are there to be enjoyed even if you don't have an HD-ready TV the quality is a vast improvement.

You can even record two programmes on separate channels while watching a third so there's no need to miss your favourite shows when the good weather finally turns up.

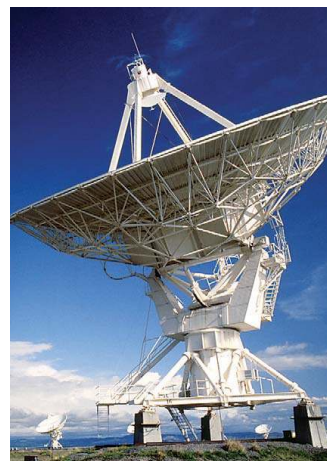
This makes the perfect upgrade if you do not want to be tied to a contract but enjoy the ease of Sky+ and the quality of HD.

You can find the complete list of available channels at [www.freesat.co.uk](http://www.freesat.co.uk).

I'm sure you will agree there is something for everyone with the promise of more to come.

It is at present somewhat more expensive than a Sky Freeview system but it offers much more and there are no monthly payments ever, it is a truly spectacular piece of equipment.

If you are a real TV lover and you en-



joy your sport, movies or other Sky channels, we continue to provide Sky Freeview, Sky+ and HD Plus packages arranged along with all repairs, magic eyes, and the usual services.

SOS Sky Digital is a small family company, based in the Algarve for the past eight years.

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### THIS WEEK'S PROFILES



## Algarve Tree Services

Regain your lawn, shrub border or driveway from unwanted tree stumps by contacting Algarve Tree Services on 917 479 921 or by email via website: [www.algarvetreeservices.com](http://www.algarvetreeservices.com).



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## Bowls Algarve

### Sponsored by Newlyn Developments

Saturday 7th March saw the semi finals of the prestigious Inter Club Championships at the Tavira Club. The timetable was complicated by several players reaching more than one semi – final, however everything passed off smoothly and we now know who will contest the grand finals at Alvor on Saturday the 21st of March.

In the Mens singles, a tense game between defending champion John Laskey and John Jones, both from Alvor saw John Jones win 21-13 and qualify for the final against John Denn also from Alvor, who defeated Ted Vidler from Tavira by 21-8. In the Ladies singles, Christina Laskey (Alvor), played Kate Hewitson (Tavira), Christina eventually running out the winner by 21-14 and is on course to defend the title she won last year. In the other semi – final, Catherine Webb (Alvor) and Jan Collins (PDF) played an exciting and tense match, both players having opportunities to win, before Catherine narrowly squeezed home by 21-20. Jan being unlucky to lose at the same stage last year also.

The pairs final will be between Alan Clarke and Paul Johnson (Alvor) and Dave Berbridge and Paul Andrews (Albufeira). Alan and Paul defeated Peter Cain and Ayli Tait from Alvor by 29 shots to 9

whilst Dave and Paul beat their clubmates Rene and Barbara by 26-10. The triples final will be between John and Christina Laskey and Mike Boon from Alvor (again defending champions) and clubmates John Jones, Ayli Tait and Peter Cain. The former won 30-13 against Tom and Julie Sanderson and DJ Campbell from Albufeira, whilst the latter defeated Derek King, Kevin Rowland and Paul Andrews also from Albufeira by 25 shots to 1.

The fours saw Alan Clarke, Jack Pendley, John Jones and John Palinski beat Jo Matos, Ted Vidler, Margaret Russell and Jeff Perry from the home Tavira club by 17-12. They will now play Jimmy Jones, Brian Duffley, Mike Browning and Maggie Dance (Alvor). Jimmy and Co defeated Peter Cain, Ayli Tait, Vince Cresswell and Carla Kenney (Alvor) by 20-19. Finally in the mixed fours semi – finals, Pat Derouane, Sheila Rapsey, Jack Pendley and Jimmy Jones defeated clubmates John and Maria Jones and Frances and Alan Reynolds by 24-14 and they will play Terry and Irene Kerr, Bill Seed and Pauline Wilson (Alvor), who came through 17-15 against Peter Cain, Ayli Tait, Vince Cresswell and Carla Kenney in another tense match.

Congratulations to John Jones from Alvor who has qualified for three Championship finals to give the organisers more headaches, whilst several players are in two finals. Well done also to Peter Cain who qualified in four semi – finals,



The victorious Alvor team. Left to Right; Mike Webb, Jack Pendley, Cristina Laskey, Catherine Webb, John Jones, Alan Clarke, Paul Johnson and John Laskey

but sadly only got through the triples, losing two of the others on the last end – its' a cruel game! Finally, it is a testament to the strength of the Alvor Club that all the finalists this year are from there, with the honourable exception of Dave Berbridge and Paul Andrews from Albufeira in the pairs.

Alan Clarke, League Director

### Cameron Cup Finals Day at Tavira BC

This Sunday saw the semi – finals and final of the inter club Double Fours Competition for the Cameron Cup, put up by Bill and Joan Cameron from the Tavira Club. The morning and afternoon games were played in warm sunshine and the green played very well throughout the day. In the morning matches Alvor played Tavira and eventually proved too strong and ran out winners by 50 shots to 19. In the other semi – final, Albufeira beat the Nomads by 41 shots to 27, setting up the

final with Alvor.

The players had an excellent buffet lunch before the afternoon final. After a slow start the Alvor team got into their stride and eventually won the final by 47 shots to 23, taking both rinks and proving worthy winners of the handsome trophy. Both rinks were undefeated during the day, Alan Clarke, John Jones, Paul Johnson and Christina Laskey won 31-8 and 21-10 whilst John Laskey, Mike Webb, Jack Pendley and Catherine Webb won 19-10 and 26-13. The trophy was presented to the Alvor team by Nick Purkiss from the Tavira Club.

The competition goes from strength to strength as does the overall standard of play from all the competing clubs. Next year should see some more exciting developments as it is hoped that at least three new clubs will be joining the leagues and the competitions, further enhancing the development of the game throughout the Algarve.



### East Algarve Walks Every Tuesday & Friday mornings.

For more information  
Call 913 595 868.  
brian@moonlightservices.eu  
www.moonlightservices.eu

### Lets walk with our Dogs Sunday March 15th

There will be an 7km / 4km shorter option walk led by Julie Statham (tel 965 753 033) to raise money for the Bamboo Animal Sanctuary near Raposeira in the west Algarve. Bamboo looks after a variety of animals including dogs, horses and donkeys, many of which are just 'dumped' on their doorstep.

The walk begins in the village of Figueira (near Salema) and goes through the beautiful landscape of the Cape St Vincent Natural Park. All pets are very welcome with well behaved owners and for older pets with less able owners there is a 4km loop (so there is no excuse not to come along). The whole morning promises to be great

fun. Owners should wear trainers or other suitable footwear, bring some water for themselves and have a sense of humour (this is very important!) There is a minimum charge of €5 for the walk with all monies collected going to Bamboo.

10.30am start – meet at O Sapino cafe in Figueira (near Salema), turn off the EN 125 towards Salema, turn right to Figueira and the cafe is on the right in the village, (the owners of the cafe are donating all profits from drinks bought before and after the walk to the charity).

PS If you are a pet free owner you are still very, very welcome.

### Lets walk from Budens

#### Wednesday March 18th

An amazing walk of 2.5 hours with some short climbs through this little known area with great views and a variety of wild flowers

10.30am start meet at the Mira Rio cafe, Budens. Take

the EN125 from Lagos towards Sagres, after 16km you arrive at Budens. Stay on the main road passing the Ecomarche supermarket and then take the next road on the right by the side of the cafe.

No need to book please just come along with a sense of humour & wearing comfortable shoes, there is a charge of €5 for the walk.  
Julie Statham 965 753 033 or www.portugalwalks.com

## Portuguese history talks in Lagoa and Tavira

### The Portuguese in the Far East.

Tuesday 17 March, 6.30pm at Convento São José, Lagoa. Tel: 282 380 434, convento.sjose@cm-lagoa.website.pt

Portugal was involved in the pepper trade from India directly following Vasco da Gama's famous voyage in 1498. But they continued on their eastward path, and founded settlements in the East Indies as well as in Macau in

China. There were Portuguese in the sixteenth century at the courts of the Emperors of China and Japan. For a time the crusading efforts of the Portuguese in Japan were seen as a threat to Japanese national security.

### The Conquest of the Algarve

Friday 27 March, 11am at Tavira Municipal Library Álvaro de Campos. Tel: 281 320 585, biblioteca@cm-tavira.pt

We who live here in the Algarve know that the Kingdom of the Algarve was conquered from "the Moors" sometime in the thirteenth century. We know too that at some point the English were involved in the conquest as they made their way to the crusades in the Holy Land. But how long did it take the Portuguese to conquer the Kingdom? What efforts did the Moors make to

hold back the Christian Reconquista? Who were the personalities involved on each side? Having taken the town of Ayamonte from the Moors, why did the Portuguese king give it away to the Castilians?

Peter Kingdon Booker will discuss these topics. For more information: lynne.booker@iol.pt, Tel: 281971567

## Old Village Golf Classic

The Old Village Vilamoura, held its 12th annual golf classic at the Vila Sol Course, on Friday 6th March. The player owners from the Old Village were all in agreement that the course was in excellent condition and the day was a resounding success. The prizegiving took place at the Zanzibar Restaurant at the Old Village, in the evening, when everyone had an opportunity to sit back and recall their achievements

(or otherwise!)

Prizewinners were: John Rigby - Men's Category; Heidi Knust - Ladies' Category; Mark Jones - Guest Category; George Crawshaw - Junior Category.

Paulo Mendes Administrator of the Old Village and the organiser, thanked the sponsors of this event: Jafers Supermarket, Zanzibar Restaurant, Nova Algarve, Cin Paints and Browns Sports and Leisure Club.

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## Vale de Milho Golf

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"Best designed (Algarve par 3) layout" - Greg Turner.  
"Top Holiday Golf Course" - Top 10 Algarve, Doring Kindersley.

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April to September - after 4:30pm  
October - after 4pm

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## RBC Golf News

The first Argent Competition was played in very windy conditions. The second Royal British Club Golf competition of the year was held on March 4th at Estoril Golf Club sponsored, for the first time, by Argent International. Conditions were very windy and scoring was not easy, however three players managed to amass 33 points. After two count backs, the back nine and then the back six, the final outcome was that Chris Goulding was declared the winner. This is the first time that Chris has won a tournament in a RBGS competition and the result was loudly acclaimed.

Eddie Leitão finished in second place for the second month in a row and Margot Zimmerli was third. The fourth and fifth places also resulted in a count back, with 31 points Carol Mason just edging out Bill Buxton. Sixth prize was won with 30 points by the

Vice Captain Ron Goddard.

The Newstead Trophy was awarded to Bill Buxton and the Guest Prize was won by John Dunsmore. The nearest pin competitions went to Sue Leite Monteiro and George Everett and the infamous Cow Bell was taken by Pat Potter.

Argent International was represented by Matthew Krystmann who assisted the Captain in presenting the first three prizes and then made a brief presentation about the Company and finished by inviting all the members to attend the next business seminar to be held by Argent International on April 2nd at the Albatross Hotel in Cascais.

The next tournament, the Beefeater Trophy, will be played at Estoril Golf Club on April 1st, with lunch at the Beefeater Restaurant in Cascais.



Left to right: Eddie Leitão, Captain Jimmy Gray, winner Chris Goulding, Argent International representative Matthew Krystman, Margot Zimmerli

## Muddy Cogs Bike Ride

Weekly tours around 30km, every Saturday at 12.45pm at Bikeland on the EN125. Depart at 1pm prompt.  
€5 per person/week (pay as

you go, no joining fee). Bike hire available.

Contact Paul Beesley to book 913 226 954 or paul.beesley@sapo.pt





## Tuck into an Irish feast

There's more to Irish cuisine than potatoes and oats. We find some tasty recipes to accompany all that Guinness and whiskey on St Patrick's Day (March 17).

### Irish beef and Irish stout casserole

Serves 12 (Good for freezing)  
4tbsp sunflower oil  
500g shallots or button onions, peeled  
1 large onion, sliced  
4 carrots, cut into 2.5cm pieces  
1tbsp sugar  
65g plain flour  
1.5kg Irish chuck steak or Irish braising steak, cut into 6-7cm chunks  
75g butter  
1 litre Irish stout  
300ml beef stock  
leaves from 3 large sprigs thyme  
4 fresh bay leaves  
4tbsp Worcestershire sauce  
250g chestnut mushrooms, wiped clean and left whole  
250g field mushrooms, wiped clean and thickly sliced  
salt and freshly ground black pepper  
Herby dumplings or mashed potatoes, to serve (recipe follows)

Heat two tablespoons of oil in a large, flameproof casserole. Add the shallots or small onions and fry until they are nicely browned all over. Set aside on a plate. Add the onions, carrots and sugar and fry until nicely browned. Set aside with the shallots.

Put the flour into a large bowl and season well with salt and pepper. Add the beef and toss together well. Heat another two tablespoons of oil in the casserole and fry the beef in batches until nicely browned on all sides. Set each batch aside with the vegetables as it browns.

Add 25g of the butter to the casserole and stir in the remain-

ing seasoned flour from the bowl. Gradually stir in the stout, rubbing the base of the pan to release all the caramelised juices. Stir in the stock, followed by the beef and vegetables, thyme leaves, bay leaves, Worcestershire sauce and some seasoning. Bring to the boil, part-cover and leave to simmer very slowly on the top of the stove for one and a half hours.

Melt the remaining butter in a large frying pan, add the mushrooms and fry briskly for two minutes. Stir them into the casserole, part cover, and simmer for another hour until the beef is tender.

### Herby dumplings

Serves 6  
100g self-raising flour  
A large pinch baking powder  
1/4 tsp salt  
50g shredded beef suet  
leaves from 2 sprigs of thyme  
Approx 100ml cold water  
salt and freshly ground black pepper

Sift the flour, baking powder, salt and a little pepper into a bowl and stir in the suet and thyme leaves. Stir in enough cold water to make a soft, slightly sticky dough. Using a spoon, divide the dough roughly into six pieces and

drop onto the top of the simmering stew 25 minutes before the end of cooking. Recover and leave to cook until fluffed up and cooked through. A fine skewer, pushed into centre of a dumpling, should come out clean.

### Irish farmhouse cheddar cheese biscuits / shamrocks

Makes 28-30  
300g mature Irish farmhouse cheese - finely grated  
200g plain flour  
1/2 tsp cayenne pepper  
200g butter, diced  
2 free-range egg yolks  
salt and freshly ground black pepper

Preheat the oven to 180C/ Gas Mark 5. Lightly grease two or three baking sheets with butter and line with non-stick baking paper.

Mix the grated cheese, flour, cayenne pepper, 1/2 teaspoon salt and some black pepper together in a large mixing bowl. Add the butter and rub together until the mixture looks like fine breadcrumbs.

Stir in the egg yolks with a kitchen knife until the mixture comes together in a ball. Tip out onto a work surface and knead briefly until smooth. Roll out on a lightly floured surface to 5mm thick.

Using a shamrock-shaped biscuit cutter (you can find them online), cut out the biscuits and place them spaced a little apart on the prepared baking sheets. Re-knead and roll the trimmings once or twice

to make more biscuits. Chill for at least 30 minutes.

Bake for approximately 10 minutes or until richly golden around the edges. Remove and leave to cool on the baking tray. Store in an airtight tin once cold.



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### Strawberry and Irish cream liqueur fool

Serves 4-6  
300g strawberries, plus 4 halved strawberries to decorate  
50g icing sugar, plus 1tsp  
300ml double cream  
6tbsp Irish cream liqueur  
**For the topping:**  
25g plain chocolate  
1tsp clear Irish honey  
2tbsp Irish cream liqueur

Put 200g of the strawberries into a food processor with 50g of the icing sugar and blitz into a coarse puree using the pulse button. Quarter the remaining strawberries and mix with the remaining icing sugar.

Whip the cream and Irish cream liqueur together in a large mixing bowl until it forms soft peaks. Gently fold in the strawberry puree. Layer the mixture in four stemmed dessert glasses with the quartered strawberries.

Break the chocolate into a heatproof bowl and place over a pan of barely simmering water until melted. Remove the bowl



from the heat and stir in the honey and Irish cream liqueur. Decorate the top of each fool with the halved strawberries and drizzle the chocolate sauce over the top.

## Restaurant Review

**Island Café** is situated at the entrance of Presa de Moura, in Sesmarias, near Carvoeiro and offers American casual dining in the relaxing atmosphere of their new, modern restaurant. The restaurant has an airy 'garden' feel, from the moment you pass the many plants on your way in, to the very large open windows leading onto the terrace. Your host Tony Trinder says his brilliant staff will serve up-market American food which is exceptionally good value. The wine list offers a very good selection and there is a separate children's menu. There are plans for live music twice a week during the winter and reservations are recommended.

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**The Battering Plaice** in Almancil (just next door to the Post Office) is the place to go

for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have Haddock, Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a takeaway, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.

**Faja Lobi** is in fact an indigenous flower of Suriname and the words mean fiery passion, which is how chef Farida approaches her love of cooking, using recipes learnt from her mother and grandmother. Recently opened in Alvor and believed to be the first and only such restaurant in the Algarve, dishes are largely influenced by Indonesian cuisine, though Farida and her husband Peter are happy to make dishes as spicy or mild as clients wish. There are smoking and non-smoking areas, plus a 'happy hour' between 5pm and 7pm with Dutch and Surinam snacks. Try their Surinam Ricetable available only on Fridays and Saturday.

For our restaurant guide please see our hotline on pages 32 & 33



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*The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be no more than 300 words, to The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@the-news.net*

### In memory of Jack

Just over five years ago we moved from the UK to a wonderful part of the Algarve, very 'campo' and Portuguese. We could not ask for better neighbours, all of which are Portuguese we are glad to say, but sadly the Portuguese nation have their proportion of moronic, conscienceless, crazies colloquially known as caçadores or hunters.

Three weeks ago, our four year old dog, Jack went out for his usual daily run at 8.20am by 8.50 am he was dead – we believe by poisoned meat being laid by the communal rubbish bins, two weeks before the end of the hunting season. He was seen by the bins by our neighbour at 8.30am. Whatever poison he ingested was unlikely to be organophosphate and more likely a 'paraquat' based poison due to the speed in which he suffered and died. This substance, to my knowledge, has no antidote and is not available over the counter in the UK due to its rapid action in multi organ failure and lung damage if ingested. Sadly to say it seems to be readily available here in Portugal, sold as an herbicide. When the national pastime of some hunters coincides with their lack of any moral code to include the culling of domestic pets, lacking meat with poison to stop them from 'chasing the game' out of the area and performing an illegal act in doing so, pressure should be put on local politicians and the police to uphold the law and prosecute accordingly.

The loss of Jack is not the first domestic animal to die in this painful and callous way nor will he be

the last. Since this has happened I have spoken with many people who know of pets dying in similar circumstances – some caught in illegal traps. It appears that the powers that be see no need for change in the lifestyle of a few, or that the results of these acts only touch the lives of a few. Rightly, we are told by becoming residents in this country we must abide by the laws but surely that also means the indigenous population should also abide by the same laws and the police 'uphold the law of the land'. The next time it could well be a child that suffers needlessly.

COLIN MOODLEY, By e-mail

### Capital Gains Tax

SIR, There was an interesting snippet in this weekend's Daily Telegraph which has a great importance for anybody selling their property here. It seems that a Valencia court has ordered that some £140 million be repaid to a large number of Brits, who have been taxed on the sale of their houses at 35% CGT instead of 15% as is paid by residents. The point made by the court was that this is discrimination in contravention of the European Community Treaty and thus illegal.

Guess what! My Portuguese accountant assures me that the same applies here. If you 'make' €100,000 on the sale of your house over and above its purchase price you will pay €25,000 CGT if you are non-resident, but 'only' €11,600 if you are resident. I have a nasty feeling that the Portuguese Govt. will take the same line over

this one as they have consistently taken for the last 10 years over their iniquitous and highly illegal car import tax. i.e. the fine from Brussels for continuing their illegal extortion is less than they collect in tax from the poor old taxpayer, so they keep on saying 'knickers' to Brussels. What price this European fiddle they call a Union?

MIKE HENTALL, Alferce

### Police officer's schooling

SIR, I just read your article in the March 7th issue about the lack of schooling for police officers here in Portugal. I was amazed to find that the percentage are so high for those not have at least a 12th grade education and then to read further that some do not have even a 9th grade education, this is unthinkable, every officer or those applying for a job as a policeman should at least have a 12th grade education or not be accepted into the police force. Our lives depend on these police officers and to find out that such a high percentage do not have either a 9th grade or 12th grade education makes people think that this is a third world country, which it is not.

I had a run in with a police officer in plain clothes some months ago and he charged me 240 euros because he said I cut him off and that I was not wearing a seat belt which was not true. However the point is that I wrote where they told me to and found out that they did not know anything about what I was talking about because after I left the station they must have split up the money and the tickets were thrown away. Now after reading this article I can understand why and in fact they stole 240 euros from me.

The public deserve better, in America you must have a high school education to even apply

for the police force and it is the same in England and many other countries. This is why you see the police turn their back when they see someone talking on a cell phone while driving, they do not want to do the paper work, and they do not enforce their own parking laws because that would mean they would have to do their job. I know there are many good, polite and educated policemen in the force but that does not change the fact that they need to be well educated and know how to deal with the public. People speed, tailgate, run stop signs and you never see a policeman, yet they say in the newspaper how they gave so many tickets and arrested so many people, yet I never see them setting up speed traps in town or in the suburbs. The police department needs a complete overhaul, those without a 12th grade education should be made to get that education before they continue to work on the force.

JEAN DANIEL, Cascais

(Letter printed as supplied to us.)

### In defense of Palestine AND Israel

Norman Hall's letter to The Portugal News (21st Feb. 09) showed a knowledgeable interest (The Middle East Situation) but such total bias that it was utterly unhelpful.

He talks of war crimes, so desperate to pin something substantial on the Palestinians that he forgets the Israeli use of white phosphorus. And collective punishment? Not really worth discussing. Let alone the fact that the Israelis have infinitely more room to manoeuvre.

He talks of reporting restricted to Palestinian sources. But Norman, isn't there a blockade on Palestine? A jugular stranglehold for over a year? Stop the block-

ade - you'll soon get other sources: it's not what the Israelis want though. Aah, but then Tony Blair is demanding Israel 'relax the restrictions' (C4 News, 1-3-09). What a joker! Tell the Israelis they're a bit naughty, eh?

He talks of the influence of Iran. But, Norman, compared with the USA it's minuscule. And until we rein in some of the Israeli excesses (& crimes) it's no wonder Palestine turns to Iran - and probably just what Israel wants.

So what kind of anti-Semite am I? Well, one who shared his house for 2 years with a dear friend, a devout Jew, who trusted me so much he invited me to celebrate Passover with him. Perhaps not his most kosher act, but a wonderful experience - perhaps the greatest privilege of my life.

His Judaism was not in question: but he shared with me a condemnation of Zionism. Israel prefers to keep the distinction unclear - then any criticism of Israel can be dismissed as anti-Semite. But God has told the Zionists they can have The Promised Land - i.e. the One State Solution (merely requiring elimination of the Palestinians). So here's Benjamin Netanyahu (C4 News 1-3-09) "even ambiguous on the basis of a 2-state solution". Surprised? Scarcely, we mustn't pretend that the 2 State solution is simply blocked unreasonably by Palestine. The answer imposed by Israel is modelled far more closely on apartheid.

A major problem at the heart of the Middle East is the unholy alliance between Israel's Zionists and the USA (at root the fanatical Bible lobby). There was a wonderful TV program where some of their number went on tours of Israel to see where all of their money was going. Were they interested in The Promised Land? Not one jot! The Israelis were utterly bemused - they could just as well have been talking to Green Men from Mars. Their preoccupation was in advancing the Day of Reckoning - when they go to Heaven with zero fear of bumping into me. It is far from only Iran with an interest in prolonging this whole sorry situation!

To disentangle all this we have to be bolder and clearer than anything currently on offer. We have to restrain wrongs on both sides. We have to comfort both sides. We certainly have to go beyond one-sided letters, and find dignity, security and rightful dues for two peoples.

May there be peace and security one day for all in the Middle East.

STEVEN WEBSTER, Vale Fuzeiros

### Beach cleanup Saturday

SIR, Come join us on Saturday, 28th March for a beach cleanup at Guincho. We'll meet near Restaurante Muchaxo at Guincho at 9.45am. Bring your friends, family, and even your dog! We'll pick up trash for a couple of hours, then go to lunch at 1.30pm at a restaurant nearby. As an incentive, Rita and KC will buy lunch for the person who collects the most unusual piece of trash.

If you're not sure where Restaurante Muchaxo is, go to <http://maps.google.com/> and type 38.729908, - 9.474163 in the search window. You can either park in the parking lot behind

the restaurant/hotel near the beach, or out on the main road. Please bring your own gloves and one or two plastic shopping bags. We have lots of large bags to collect all the trash, but the shopping bags are easier to carry. If you're planning to attend, please e-mail us no later than Saturday, 21 March, so we can make the appropriate reservations for lunch. Also, let us know how many people you'll be bringing. If you can't make it to this one, but want to participate in other beach cleanups, please let us know. Also, if you want to attend but need a ride, please let us know.

Remember, it might not be your trash, but we need to look at it as our global trash! The last time we did this, eight people came out and we picked up at least 100kg of rubbish! We should be able to double both of those numbers this time.

KARN CARLSON, By e-mail

### Recession? What recession?

SIR, I'm a frequent visitor to Portugal, about 10 times per year and up to last year I and my friends played golf on a regular basis in Vilamoura and at one stage we received 50% discount.

However we all have stopped playing because of the increased fees when the discount was removed. To give you an example: The Old Course cost us €70 but this March it cost €119. I noticed that prices have increased by almost 20% since last May, now in a recession they should have dropped 20%!

To give you an idea of how much out of line golf fees are my wife and I paid Ryanair €64 each including taxes for a return flight to Faro, a hire car for 5 days cost us €86, a total of €214. To play one round of golf on the Victoria course for both of us would cost €248 plus €60 for buggy, a total of €308 for ONE game of golf.

So one game of golf with buggy is 50% more expensive than 2 return flights plus a car. The question I pose is: who is out of step, Ryanair, Carjet, or Oceanico.

Golf has made the Algarve popular, but I am afraid unless something is done it will also bring it to its knees as these prices are not sustainable where people are losing jobs and taking pay cuts while the price of golf is increasing so fast. Another example: in February 8 property owners were playing a game and we offered Oceanico €700 for 8 people to play the Faldo course, which was declined, so we played Vilasol course for €65 each with buggy and we played for 4 days.

I have been talking to many people and all agree golf prices are too expensive. They have to realise everyone is worse off now than they were 2 years ago. I foresee many tourist problems for the Algarve unless the price of golf is reduced immediately. I know many bookings are already made for this year but come the end of season you will notice a major difference in golf tourism.

TOM, By e-mail

## Portuguese for Beginners

Emília Rosendo

139

THIS LESSON:  
Verb "saber" in Pretérito Imperfeito do Indicativo

Today's lesson deals with verb "saber" in "Pretérito Imperfeito do Indicativo" (knew).

Eu sabia ⇌ Tu sabias  
⇌ Ele ● Ela ● Você sabia  
⇌ Nós sabíamos  
⇌ Eles ● Elas ● Vocês sabiam

② Put in the "Pretérito Imperfeito do Indicativo" of the verb "saber".

- Tu \_\_\_\_\_ que o António estava doente?  
- Não, não \_\_\_\_\_. O que se passa com ele?
- Quando nós chegámos a Portugal, há quatro anos, não \_\_\_\_\_ falar quase nada de Português mas, agora, já conseguimos manter uma conversa sem grandes dificuldades.
- O meu avô e a minha avó eram pessoas muito especiais para mim, sobretudo durante a minha infância: ela \_\_\_\_\_ cozinhar muito bem e ele \_\_\_\_\_ contar histórias como ninguém.
- (Você) \_\_\_\_\_ que o nosso chefe é neto do fundador da fábrica?  
- Sim, \_\_\_\_\_. O meu pai, que \_\_\_\_\_ disso

há muito tempo, contou-me.

- (Vocês) \_\_\_\_\_ que o preço da gasolina e também do gasóleo ia aumentar a partir de hoje?  
- Sim, \_\_\_\_\_. Foi por isso que atestámos o depósito ontem à tarde.
- Os animais de estimação dos nossos vizinhos eram muito engraçados. O cão \_\_\_\_\_ exactamente a que horas os donos entravam em casa e saíam de casa e, nessas alturas, ladrava sempre. Os gatos \_\_\_\_\_ precisamente a que horas eram servidas as refeições e, por isso, nunca se atrasavam para as mesmas.
- Os rapazes \_\_\_\_\_ que era proibido jogar à bola dentro de casa e respeitavam sempre esta regra imposta pela mãe.
- Hoje de manhã, muitas pessoas chegaram atrasadas aos seus empregos porque não \_\_\_\_\_ da greve dos transportes públicos.
- Ele garantiu-nos que \_\_\_\_\_ arranjar a máquina de lavar loiça, mas eu não acreditei. Pareceu-me ser um arranjo muito complicado!
- Quando eu era criança, \_\_\_\_\_ andar de patins muito bem. Agora, por falta de prática, já não sei.

Please send your completed exercises with a STAMPED, SELF-ADDRESSED ENVELOPE, to me:  
Emília Rosendo at The Portugal News and I will return them corrected.  
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# PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 14 Mar 2009

## PROPERTY OF THE WEEK

### Contemporary class in a rural setting



This week's featured property is something rather special; a unique villa that follows a modern architectural design and incorporates the use of many different materials, including glass, granite, metal and exotic woods. It has four bedrooms, two bathrooms, its own pool, and is located in the traditional village of Paderne, in the central Algarve.

The extensive use of glass allows for spectacular, uninterrupted views of the surrounding countryside from all the main

rooms, merging the living space with the beautiful rural landscape and mountains.

At night illumination of the

salt-water pool enhances the property's striking beauty.

Divided over two floors, all of the villa's bedrooms are located



on the ground floor and have access to an outdoor terrace. The master bedroom has its own ensuite bathroom, while the others share a separate family bathroom. All have fitted wardrobes.

Entrance to the stepped property, however, is made via the first floor, which along with the entrance hall comprises a fully fitted kitchen, equipped with top-of-the-range Siemens appliances, a large living/ dining room with sliding doors to a balcony, a study, a guest WC, and a large roof terrace with internal and external access.

Inside the property there is air conditioning and central heating

throughout, while outdoors the pool is surrounded by hardwood decking and lawns.

Measuring 1,500 square metres the plot is perfectly poised amidst the surrounding landscape, offering views that in good weather can extend all the way to the Monchique mountain range. Back inside the property the finishings are made from a wealth of interesting and exotic materials that stimulate both touch and sight, including traditional Portuguese Jatobá wood, yellow 'Penfiel' granite and marble, finished off with stylish fittings like the Philip Stark designer bath tubs.

This property is located 20 minutes from Vilamoura, 10 minutes from Albufeira and the A22 motorway, and, subsequently, approximately 30 minutes from Faro Airport. It was featured in the Portuguese interior design lifestyle magazine 'Mid Dimensão', in September and December of 2006, and has recently been reduced to €950,000.00. For more information on this stunning property or to book a viewing call Elly Van Hulst Real Estate Lda on: (+351) 289 842 992, fax: 289 842 986, email: [ellyvanhulst@mail.telepac.pt](mailto:ellyvanhulst@mail.telepac.pt), or see their website: [www.property-runner.com](http://www.property-runner.com).



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**Pestana Golf & Resort**

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Ref. V-327 Price: € 275,000



**Centianes / Carvoeiro**

Spacious 4 bedroom villa w/ seaview, close to Centianes beach. Comfortable lounge, dining area, fully equipped kitchen, double bedrooms w/shower/bath en suite, garage, mature garden, sw. pool w/ sun terrace. Ready to move in!

Ref. V-350 Price: € 635,000



**Near Silves**

Charming detached farmhouse on 1200sqm plot. 2 double bedrooms, 1 shower room, spacious lounge/diner, equipped kitchen, small pantry, large covered patio. Nice garden, A/c, wood burner. Garage/workshop, utility room, space for pool, own borehole. Ref. V-351 Price: € 269,000 / £ 188,000



**Salicos**

Spacious 3 bedroom villa on cul-de-sac road in excellent location w/ view of Monchique mountains, close to Marinha beach. 300sqm plot. Open plan kitchen, lounge, dining room w/ wood burner, large terraces, easy to maintain garden. Space for sw. pool.

Ref. V-349 Price: € 445,000



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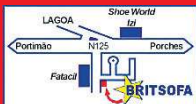
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#### Quarteira

Spacious apartment composed of three bedrooms, two bathrooms, lounge with dining area, storage and two terraces (one closed). Parking space in the garage. Located five minutes from the beach. Construction area - 127 square metres.

Ref. A1283

Price: € 137,000



#### Vilamoura

Attached villa composed of 3 bedrooms, 3 bathrooms, lounge with dining area & fireplace, equipped kitchen, storage, laundry room, various terraces & roof terrace. Exterior parking area, communal sw. pool & garden area. Constr. area: 120 sq.m. - Ref. V12548  
Price: Recently reduced from €300 to **€250,000**



#### Vilamoura

Excellent apartment w/sea and golf views composed of 2 bedrooms, 2 bathrooms, lounge, equipped kitchen & terraces. Storage & parking space in the basement. Furnished. Communal sw. pool & garden area. Construction area: 110 sq.m. - Ref. A1251  
Price: Recently reduced from €310 to **€280,000**



#### Vilamoura

Attractive villa composed of 3 bedrooms, 2 bathrooms, lounge w/ dining area, equipped kitchen, storage & carport. Sw. pool & garden. Roof terrace. Furnished. Plot area: 423 sq.m. Construction area: 140 sq.m. Ref. V12566  
Price: Recently reduced from €430 to **€380,000**

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#### Santa Catarina

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- Quiet area, lovely views
- 3 bedrooms 1 bathroom
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- Cottage 98m² plot 7600m²

Ref. C1117

Price: € 195,000



#### São Brás de Alportel

- Attractive villa in the hills
- Lovely views to São Brás
- 3 bedrooms 2 bathrooms
- Pool & large terrace
- Garage & garden
- Villa 165m² plot 4.850m²

Ref. V878

Price Reduced: € 390,000



#### Vale do Lobo Golf Resort

- Beautiful spacious villa
- 3 bedrooms 3 bathrooms
- Heated pool 12m x 6m
- Garage, garden, BBQ
- Large basement 80m²
- Villa 340m² plot 1.000m²

Ref. V1180

Price: € 1.500.000



#### Moncarapacho

- Beautiful spacious villa
- 7 bedrooms 6 bathrooms
- Study with airco & toilet
- Pool 12m x 6m, garage
- Garden & playground
- Villa 460m² plot 5.000m²

Ref. V1190

Price: € 699.000



#### Pêra

- Attractive villa built 2004
- Urbanization, sea views
- 3 bedrooms 2 bathrooms
- Air conditioning, garage
- Irrigated garden, BBQ
- Villa 150m² plot 640m²

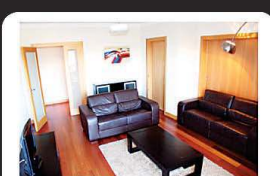
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#### ESTÓI

Ref. V82185 - Price Reduced  
Spacious 5 en-suite bedroom villa on quiet residential area nearby Bordaia & Estói. 6.300sqm plot w/430sqm constr. area. 2 bedroom apartment annex ideal for guests. Recently refurbished to very high standard. Fitted kitchen. Alarm & surround sound sys. A/c. Large landscaped garden, sw. pool, lovely BBQ area. South facing, panoramic country & sea views. Excellent potential for rural tourism. Unique architecture.

Price: € 1.400.000,00



#### ALMANCIL

Ref. V82043 - Price Reduced  
In very quiet area nr Vale do Lobo 'Golden Triangle' 627sqm plot w/365sqm constr. area. 4 rooms (3 en suite). Fully fitted kitchen & laundry. A/c, central vacuum sys, surround sound. Garages w/electric gates. Ground floor w/games & cinema room, place for 5/6 cars. Private garden, sw. pool w/salt water, double BBQ, Summer kitchen. Hot water garden shower. South facing, partial sea view, 5min from beach. Alarm/CCTV.

Price: € 895.000,00



#### VILA SOL

Ref. A82200  
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Price: € 490.000,00



#### VILA SOL

Ref. A82358 - Price Reduced  
Within Villa Sol Golf & Spa Resort, next to golf course & club, 2/3mins from Vilamoura, marina, beach, amenities. Excellent letting potential, Palmyra boasts a luxury, gated condominium complex finished to highest quality. 24h security CCTV, gardens & heated sw. pools, gym access. Owners receive discounts on many amenities. Private secured parking. Furnished & equipped. Oak floors in bedrooms, under floor heating in bathrooms & state of art A/c. Top floor apart w/roof terrace w/panoramic views.

Price: € 395.000,00

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# Saving on style

Rooms featured in Thrifty Chic by Liz Bauwens and Alexandra Campbell, photography by Simon Brown, published by CICO Books at £19.99 (€25.68).

Bagging a bargain has never been more fashionable, and that could mean hunting around car boot sales, second-hand shops or even in the attic. We give a step-by-step guide to creating a great home on a shoestring budget.

Shoestring style conjures images of a home filled with other people's junk and a 'make do and mend' approach - in other words, worthy but dull.

So it's a revelation to visit Alexandra Campbell's home which is not only elegant but oozes charm - yet she promises she's spent the minimum on it.

"Nowadays there's real street cred in boasting about finding a bargain - the whole credit crunch has turned us off spending for the sake of it," she laughs.

"But I've been a fan for years because, limited by a tiny budget, I discovered it's actually not necessary to spend a fortune to have a stylish home."

She and her family moved into a red brick town house in Kent in 2003 and she's regularly scoured car boot sales, auctions and second-hand shops to furnish it.

Alexandra admits bargain spotting is probably in her genes - her mother once ran a bric-a-brac stall at London's Portobello Market. "But until I started doing up this house I'd completely overlooked the potential of second-hand furniture. Even if it's a little worn it's unbelievably easy to transform with a lick of paint or new handles, or dress up with a cushion or throw."

She's also used eBay as a source for designer label fabrics or furniture for next-to-nothing.

Now Alexandra is sharing the knowledge and practical tips she's gained from her first-hand experience of shoestring style into a new book, *Thrifty Chic*, co-written with Liz Bauwens.

It features a host of desirable homes where reusing, revamping and recycling rule.

"This approach isn't just great for saving cash, but you also end up with pieces which are unique to you, have a history and are redolent with personality," she points out.

"I think too that's in tune with what people want for their homes today. A style bought 'off the peg' from one or two stores is boring and bland, but thrifty chic is so



far from that."

True to her word, a local carpenter constructed her kitchen table from discarded Victorian church pews, and kitchen utensils are hung from a piece of painted garden trellis.

Instead of expensively refitting the kitchen, she's successfully revamped it by painting units in a trendy, chalky heritage colour to bring it fashionably up to date.

She's even turned her grandmother's chintz curtains into a set of vintage cushions. Her only regret is allowing many of her mother's possessions to be sold in a house clearance sale.

"Now I would have hung on to them, as I realise renovation and professional dry cleaning can work wonders."

Alexandra believes people are beginning to revel in the freedom of expressing their individual style.

"Not being able to furnish your home the way you want because of your budget forces you to look at things with a fresh eye.

"Really, the only limit is your imagination, rather than your pocket!"

Be inspired with a step-by-step guide to a style that makes being a home spendthrift look plain foolish.

## Thrift wisdom

- Never buy something just because it seems to be a bargain.
- Spend time scouting around, checking out prices and brands, so you're sure what you really want.

"An empty living space often looks smarter than one that is over-crowded, so if you can't afford exactly what you want, leave a space for it for later," advises Alexandra.

- Opt for simplicity and neutral colours when buying high priced items, because pieces will be more versatile and won't date. Also it will be easier to change or adapt their look with accessories.
- Small details make rooms special, whether antique handles on cupboards, or individual flower blooms simply displayed in a collection of milk bottles.

## Living in style

"Thrifty style is not a narrowly defined look," Alexandra says. "It can appeal as much to those

who want a sharp contemporary edge to their home as to more traditionalist types.

"It works brilliantly across a wide range of looks, classic, retro, country, modern and eclectic."

**Thrifty tips:** Remember that an old sofa can be transformed by new upholstery, although do make sure it's a traditionally made, fully sprung one that's worth the investment.

Don't neglect the chain stores' affordable basics, just tailor them to your taste by painting or embellishing them.

Use books as decoration by arranging them by colour. Turn shelves into a statement by painting them a slightly darker shade than walls.

## Chic collections

Think outside of the box - they don't have to consist of valuable antiques or ornaments but can be as simple as a set of pebbles collected on holidays, which are then hand painted with an appealing design.

"Think carefully about how you arrange objects. One technique is to 'crowd it up' - a well-tried antique dealer's trick to make things appear more valuable. So a collection of bottles will look better than one or two," suggests Alexandra.

"Alternatively, take the 'less is more' approach and give objects space so that they look special and precious no matter what their price."

**Thrifty tips:** Turn old jewellery into a room accessory - hang necklaces on cupboard handles for a 'hippy chic' look.

When creating mantelscapes and tablescares, try to find a unifying theme maybe in the colour, the objects or the pattern.

Look for the 'oddities' - a quirky collection of glass vases and different sized candlesticks will work well especially if you focus on one material, such as glass, wood, silver or china.

Small mirrors cost little in sales from discount stores or factory outlets. Mix vintage and chain store ones in a display to instantly enhance the light in a room.

## Turn on the detail

The most charming homes

have interesting details that catch the eye, and give visual clues about their owner's personality.

"A pretty window blind, distinctive cushions on the sofa or bed, or decorative items lining a windowsill add a dash of zest to rooms."

**Thrifty tips:** Transform a chest: Look for unusual knobs in homeware stores or when on your travels, and mix and match for even more effect.

Chandeliers needn't break the bank. Buy a cheap one and paint it with metal paint to give it a fashionable, visual lift.

Don't put up with a bad view from a window, instead use a pretty transfer and get more privacy as well.

Save a fortune on art by using clip frames for children's masterpieces, and ring the changes regularly.

Painting stairs to mimic a stair runner can be cheaper than carpet, but use hardwearing floor paint, or give the finished look a coat of varnish. Also, bear in mind it will be noisier.

## Tracking down bargains

Turn home detective and check out auctions, car boot sales, and markets for buys that won't dent the bank balance.

"The trick with eBay is knowing which brand names you want and to keep putting them into the search engine until you find them," Alexandra says.

House clearances are sometimes advertised in newspapers or visit sites such as antiques-atlas.com, an online directory listing shops, fairs and auction houses.

For up to date news on fairs and the UK antiques trade, visit antiquesnews.co.uk

**Thrifty tips:** Vintage blankets or traditional plaids used as they are or lined with a pretty fabric make great throws for beds and chairs.

Collect vintage photos or maps of your local area and framing them for a wall. If you are going to the UK or have someone coming over Museum shops often have well-priced replicas of art objects or iconic designs. By Gabrielle Fagan

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- 2<sup>nd</sup> reception room
- Split level garden with semi covered terrace
- A/C & heat units in all bedrooms + living room
- Ample parking
- Laundry room & office
- Solar Panel

Location: Lagoa - Plot: 234 m<sup>2</sup> -

Covered area: 190 m<sup>2</sup> - Built in 2000

Reduced price: €330,000.

DISTANCES: Faro 55km; Carvoeiro and beaches: 3km; Lagoa town centre 500m; Portimão: 10km; Golf: 2km  
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### Best Priced Properties Across The Algarve

#### Silves, Ref S384

€349,000.

- Detached country villa
- Guest cottage
- 4 bedrooms, 3 bathrooms
- Large 2,760m<sup>2</sup> plot with mature gardens
- South facing position, fully furnished
- Peaceful location with countryside views



#### Lagos, Ref: S475

Reduced from €201,500 to €191,500



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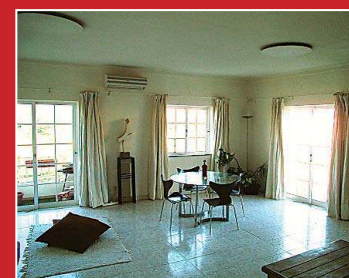
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# Don't go nuts with squirrels

Red Squirrel



Some gardeners are happy to see these cute furry creatures venture into their plot, as for many people the grey squirrel (*Sciurus carolinensis*) may be the only wild mammal they see. However, that will be of little comfort to those whose lawns, bulbs and trees have been decimated.

So, is there any way to become squirrel-proof? In short, the answer is no. But, there are ways to reduce the damage they do in your garden.

Place chicken wire securely over your pots and where bulbs are planted in your borders, under a layer of compost, to stop them digging them up. Some gardeners ring-fence newly planted tulip bulbs with sprigs of holly. Try planting crocuses deeply to deter squirrels. I have also heard of gardeners dunking their bulbs in paraffin before planting, as the smell puts them off.

Other animal repellent substances include chilli powder, Cayenne pepper and Tabasco sauce, which can be dusted on to bird foods. It won't bother the birds but will bother the squirrels, who should then leave the bird feeders alone.

Grate soap over patio pots or rub it on trees or fencing the squirrels are using to gain access to your garden, to put them off, but remember that all these repellents need to be re-applied frequently to have any long term effect.

There are scaring devices out there, but I've never found one that works. Grey squirrels are pretty bold creatures and will soon cotton on to the lack of danger with any such device. Some gardeners use catapults, others smear Vaseline or other grease on a smooth pole to stop them climbing up their bird feeder.

If you have a greenhouse, you may have to resort to leaving your bulbs in pots inside until they are ready to flower, but even then they may be partial to crocus and tulip flowers.

If you don't have a greenhouse, when planting bulbs put a 2cm-deep layer of horticultural grit or

sharp sand on the surface of the compost. The grit becomes stuck in their claws which they find uncomfortable.

There are many bird feeders on the market which claim to be squirrel-proof, but most cannot out-wit these clever creatures. The more effective types tend to be weight-activated, so that when the squirrel climbs on, the feeding ports close.

Gardeners who love squirrels may try making a feeding post for them at the end of the garden, in the hope they won't invade the rest of their plot. Squirrel feeders resembling a bird box with a glass front and a lid can be put on trees and filled with peanuts, in the hope they will then leave the bird feeders alone. However, wherever there are nuts and seeds on offer, there are likely to be squirrels.

Hannah Stephenson

The announcement of a £1.3 million cull of grey squirrels in Scotland to preserve the population of red squirrels has provoked strong reaction from animal protection groups and conservationists worldwide.



Since the larger, more aggressive grey squirrel was introduced to Great Britain from the U.S.A. in the 19th century, competition has caused red squirrel populations to die out in most parts of England and Wales. In areas where both species are found, greys are able to win the battle for food. They also carry the squirrel-pox virus, which they are immune to, but which kills reds.

There are now estimated to be just 160,000 reds across Britain - with 75% of those in Scotland - compared with roughly 3.3m greys. Likewise in Portugal both red and grey squirrels can be found, but it is the red squirrel that is a legally protected species.

Whatever your feelings to-

wards the grey squirrel, there is no doubt that they can be a major nuisance to the domestic gardener (particularly those living in the *campo*), destroying tree bark, stealing bird food, eating bulbs, burying and digging up their winter food in your lawn and patio containers.

Particularly at risk are tulip bulbs, crocus corms, maize/sweet corn, strawberries, apples, pears, nuts, sunflower seed heads and flower buds of camellias and magnolias. Trees, including sycamore, maples and beech, can be badly damaged by bark stripping.

They will also raid bird nests, taking eggs and even young birds, and polishing off all the bird food from feeders and bird tables.

Grey Squirrel



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## Best of the bunch

### Crocus

These pretty little treasures brighten up late winter and spring in shades of purple, yellow, pink, white and more. Winter-flowering species are small, only 7-10cm (3-4in) tall, which are well-suited to the rockery or can be planted in drifts. Try the pale lilac-blue *C. tommasinianus* with the stronger purple *C. tommasinianus* 'Whitewell Purple' under trees. It will survive happily in poor, free-draining soil. Among my favourites are *C. chrysanthus* 'E.A. Bowles', with deep lemon-yellow, goblet-shaped flowers, with purple feathering on the outer petals, and *C. chrysanthus* 'Cream Beauty', a compact type with rich cream-coloured flowers which darken at the base to a greenish gold. Larger-flowered Dutch crocuses tend to bloom a little later, in March and April, and also work well naturalised in grass or gravel. Plant corms in groups in autumn in well-drained, gritty soil, at a depth of around 7cm (3in). They thrive in sun or light shade.



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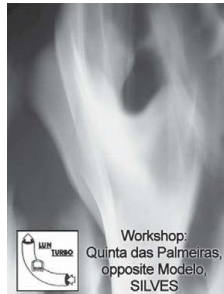
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## Property Conference - Portuguese Chamber of Commerce

Our first event in 2009 is the 5th Annual Property Conference, now the UK's leading forum for the Portuguese property market.

The conference takes place on Monday, March 23rd 2009 at 3pm, at the offices of Withers LLP, at 16 Old Bailey, London EC4M 7EG, from 3pm to 6pm.

This will be followed by a networking drinks reception from 6-7.30pm and there will also be a dinner for speakers and delegates in a restaurant nearby starting at 8pm.

His Excellency the Portuguese Ambassador António Santana Carlos will open the conference at 3pm, followed by presentations from our prestigious keynote speakers. Subjects include details of the government's plans for residential tourism, expert analysis of the Portuguese property market and the outlook for the Portuguese economy. We will also focus on investment opportunities and the financial instruments available to tap into them.

There will be several opportunities to question our speakers and to network with other high-ranking delegates.

Full details of our conference programme and booking forms will be sent out very shortly and we look forward to seeing you at this major event – an unrivalled opportunity to meet the main players in the Portuguese property sector.

To reserve your delegate place at this prestigious conference, please reply stating your interest.

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## Top tips for...

### painting tiles

- Before painting tiles, scrub them with a good bathroom cleaner or a sugar-soap spray to get rid of shampoo, conditioner and shower-gel residues. Wash down with clean water and allow the tiles to dry before continuing.

- Remember to prime the tiles so that the topcoat has a better chance of bonding and staying bonded. Tile primers are available from DIY stores, as are special tile topcoats. You won't get the latter in a vast range of colours, but painting tiles is a bit of a compromise and is unlikely to look as good as retiling. It is a lot easier though.

- Getting a smooth finish is vital if you want the tiles to look as good as possible. To achieve this, apply the paint with a paintbrush, then roller over this with a foam gloss roller for a brushstroke-free finish. You could apply the paint with the roller but you'll get more on with the brush.

- Follow the manufacturer's instructions carefully when applying the primer and topcoat and allow time for more than one coat, if required. Depending on where the tiles are, this could mean not washing, showering or cooking for some time, so plan the job carefully because you don't want your paintwork to be ruined by water, steam or food splashes.

- Unless you're using white tile paint, it's a good idea to go over the grout lines (once the tile paint is dry) with grout paint, otherwise the tiles will look very obviously painted. You can apply this with a

grout pen (a relatively easy way to get a neat finish) or the tiny paintbrush that usually comes with a bottle of grout paint. To use both, you'll need a steady hand.

## Ask the expert...

**Q:** I've just done some tiling, but a few of the tiles are sitting higher than the rest. Is it easy to rectify this?

**A:** The adhesive and grout should still be quite soft, so carefully loosen all around each problem tile with a small or medium-sized chisel, using a hammer if necessary, and then prize out the tile. Scrape out the old adhesive and grout, without damaging the surrounding tiles, and retile, remembering not to get it wet until the grout's been allowed to dry for 24 hours.

## Seasonal task...

Spring is finally with us and the weather is a bit warmer, so if you have wooden window frames and external doors, check them for damage sustained during the colder months. Remedy any damage before it gets worse.

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A child holding a packet of cold remedy pills.

### Three ways to...

talk to a child about a death.

1. Don't put it off - the sooner children are told about the death of a loved one, the sooner they can begin to deal with it.

2. Explain in clear and simple terms what death means and that the dead person or pet will never come back.

3. Don't tell a young child that a dead person or pet went to sleep, as this may make them scared to go to sleep themselves.



A mother talking to her child about death.

### Readers Tip

Don't forget to praise your toddler for doing nothing or being quiet when he could be making noise or being naughty.

### When is my child ready...

to iron clothes?

Some parents will let children as young as seven or eight iron under supervision, but many feel it's not safe until a child is at least 10 or 11 - it depends on the individuals concerned.

## Ask the expert

Q: "Should I give my five-year-old daughter cough and cold remedies or not? And if I need to avoid them, is there anything I can give her instead?"

A Jeremy Mean, spokesperson for the Medicines and Healthcare products Regulatory Agency (MHRA), says: "You should no longer give your daughter over-the-counter cough and cold remedies."

"This advice follows a thorough review of the benefits and possible risks of over-the-counter (OTC) cough and cold medicines for children under 12 years, which was recently completed by the MHRA."

"The new advice is that parents and carers should no longer use OTC cough and cold medicines in children under six. There is no evidence that they work and can cause side-effects such as allergic reactions, effects on sleep or hallucinations."

"For six to 12-year-olds these medicines will continue to be available but will only be sold in pharmacies, with clearer advice

on the packaging and from the pharmacist. This is because the risk of side-effects is reduced in older children as they weigh more, get fewer colds and can say if the medicine is doing any good."

"It's normal for children to get eight or more colds a year, but gradually they build up immunity and get fewer. Most colds will get better within a few days and you may not need to do more than keep your child comfortable."

"If they're hot/feverish, increase the amount of fluid they normally drink, and lower their temperature with paracetamol or ibuprofen medicine which has doses for children (paracetamol isn't for children under two months and ibuprofen isn't for children under three months)."

"For coughs, give the child plenty of warm, clear fluids."

## Website of the Week:

txtup.co.uk

The new TxtUp StandUp website and text message service is designed to help young people tackle cyberbullying. It offers tips on beating the bullies, submitted by young people who have been through the same experience. Teens can give advice on the site or via text message, and the most useful

tips are distributed monthly via text message.



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## News for parents

**Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.**

**Young children who spend more than two hours a day watching television are almost twice as likely to develop asthma, according to a new report.**

Researchers from the University of Glasgow found there was nearly double the incidence of asthma in 11-year-olds if they had spent more than two hours a day in front of the television when they were three.

Around 6% of children who had no symptoms of asthma at the age of three-and-a-half had developed the condition eight years later.

Almost two (1.8) children who watched more than two hours of television on a typical



day developed asthma for every one child who watched less.

So there's another reason to switch off the TV and get them playing outside.

**One in three young people have been the victim of cyberbullying, research has found.**

Text messages, prank phone calls and abusive posts on social networking sites have all been used to bully youngsters.

The poll, of more than 2,000 11 to 18-year-olds, commissioned by anti-bullying charity Beatbullying, revealed a gender

divide, with girls up to four times more likely to face this type of bullying than boys.

It comes as a separate poll by the Teacher Support Network revealed that one in seven teachers have been the victim of cyberbullying by pupils.

## Organic baby food for all

The Organic Grocery announced this week in a statement sent to The Portugal News it has just introduced a new range of baby food products, from the German/Swiss brand Holle, suitable to feed your Baby from the day he/she is born until completing 2 years of age.

The ingredients used are all from Bio-Dynamic and Organic farming, meaning that they result from natural harvesting cycles without an abusive exploitation of animals, soil and nature in general.

To meet these purposes the soils are farmed in policulture, opposed to monoculture that in the long term are very harmful to the soils, consuming most of their resources. The fertilization of the soils is a natural one, without the use of synthetic chemicals to treat plagues and diseases.

The animals are bred without using hormones or growing regulators.

On top of that all products are prepared without the use of preservatives, genetically modified organisms (GMOs), sugar, salt, colourings and aromas.

The Demeter certification, that some of the products hold, mean that they are produced in Bio-Dynamic Farming and that are therefore a result of an even more demanding certification.

The Holle range of products that the Organic Grocery has now available includes different stage milks, from the moment the baby

is born, cereal porridges to prepare as liquid or solid meals, and an assortment of jars with vegetables, fruits and meals.

These products are available at the Organic Grocery online shop in [www.merceariabio.pt](http://www.merceariabio.pt), where you can place your order that will be later delivered to your place.

The Children's University (Universidade da Criança) - has meanwhile established a partnership with the Organic Grocery to supply the organic certified ingredients used to serve an organic meal per month.

The menus served to the pupils at the Universidade da Criança, are carefully prepared in advance by a Nutritionist Doctor, in order to guarantee a nutritional variety and complement that ensures a rich and balanced eating.

This partnership also aims at giving children all the information about organic farming and its benefits. Different actions are being planned to achieve this goal, including visits to organic producers, training sessions at school and the distribution of literature to the children's parents.



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# Natural wonders

With the credit crunch forcing us to tighten the purse strings, our make-up bags may be suffering. But while some women are cutting back on cluttering their bathroom cabinets, others are veering towards the extreme of all-natural beauty.

You don't have to be defined as a 'green gal' to reap the benefits of going au naturel. The interest in natural and organic products is reaching across every demographic group, even if sales are not always following, according to a new report.

Almost 80% of those surveyed by market researcher NPD Group were interested in 'natural beauty' products but only 64% admitted regularly using them.

"Natural" is the most important word, but people want to know more," explains Karen Grant, NPD's beauty analyst.

"They want to see certification or know what makes it natural or organic."

## Naturally inquisitive

Many people are keen to

climb aboard the natural beauty bandwagon but don't know where to start.

Some of the natural-style ingredients and terminology can seem a little alien to those who usually buy products according to the prettiness of the packaging.

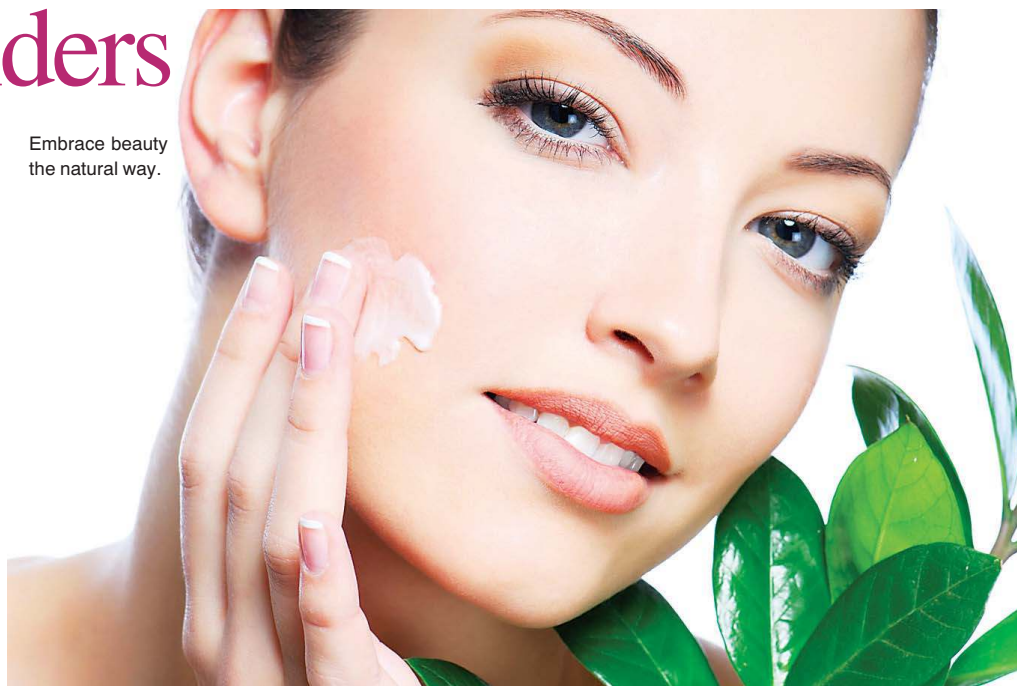
If you want to enter into a world of super-natural beauty, an informative but straightforward book like *The Organic Pharmacy's new Complete Guide To Natural Health & Beauty* is a good starting point.

"Natural healing forms a hugely important part of taking control of your life," says author and founder of The Organic Pharmacy, Margo Marrone.

But it wasn't until she was pregnant two years ago that the pharmacist started to overhaul her beauty products to complement her organic way of living.

"I started to take an interest in what was actually contained in the cosmetics that my body was absorbing through my skin and passing on to my unborn baby," she explains.

Embrace beauty the natural way.



"At that point I changed my life and I haven't looked back since.

"The benefits include reducing your toxic load, providing more nutrients for your body and helping your environment - all of which serve to improve your overall wellbeing."

## Natural beauty routine

The quest for beautiful, blemish-free skin doesn't have to involve hoards of expensive lotions and potions. Go back to basics with your daily skincare routine. Margo reveals her secrets:

### Cleansing

"The best cleanser is one that is oil-based," Margo advises.

"Remove with a face cloth that has been soaked in hot water and wrung out.

"The most important time to cleanse is at night, when I prefer to use a balm (oil-based cleanser). In the morning, I use a gentle face wash or milk. Regular soap can strip away the acid mantle, making your skin vulnerable."

### Toning

"Use a toner packed with

herbal extracts that repair the skin," she recommends.

"Aloe vera and rose are great for all skin types; rose on its own is excellent for dry skin.

"Use a combination of aloe with a herb such as lavender or calendula for oily skin; and with lemon or gotu kola for combination skin."

### Moisturising

"You need two kinds of moisturisers," Margo says.

"The first is a full-scale, cream-based moisturiser that includes lipid restorers and humectants. Star ingredients like propolis, aloe vera, calendula, and rose-hip seed oil all make miraculous components for full moisturising creams.

"The second kind of moisturiser is a face oil, or for those with very oily skin, a gel that contains small amounts of oil. Remember quality is essential. Look for oils that are cold-pressed, organic and rich in colour," Margo advises.

### Skin superfoods

"There are some foods that your skin just cries out for you to eat, because they are so densely packed with the vitamins and minerals that it needs



A woman buying natural beauty products.

to stay healthy and look so beautiful," Margo says.

She recommends drinking at least six glasses of water every day and eating lots of fresh, water-rich fruit and vegetables.

Add these superfoods to your shopping list for a real beauty boost:

- Alfalfa: "Packed with calcium, magnesium, potassium, chlorophyll, beta carotene, B-vitamins and more, alfalfa is a great all-in-one source of antioxidants," says Margo.
- Green foods - Barlet grass, wheatgrass, spirulina and

chlorella: "These foods are a combination of micro algae and sprouted grains. All are rich in chlorophyll, which has a unique ability to cleanse the cells of toxins."

• Goji berries: Margo favours these little berries because they are "packed with nutrients, which are the building blocks for proteins such as collagen and elastin, and minerals, such as zinc, selenium, calcium and iron".

"This skin superfood rejuvenates and regenerates your skin's cells."

By Lisa Haynes



Margo Marrone, founder of The Organic Pharmacy and author of *The Complete Guide to Natural Health and Beauty*.

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# All the rage

Are the weather, the credit crunch and life's other little annoyances driving you mad? Find out how getting angry can affect your health.

Throwing a tantrum used to be the reserve of toddlers. But in these trying times, more and more

grown-ups are losing their cool and flying into an angry rage. With the UK experiencing its

worst winter for 18 years, the country in recession and redundancy now a daily fear, it's not surprising we're feeling frazzled!

Consequently, it doesn't take much to make our blood boil. Minor irritants and frustrations can cause us to storm out of the hair salon, slam the phone down on call centres and hurl verbal abuse in the street.

Phillip Hodgson, a fellow for the British Association for Counselling & Psychotherapy refers to it as 'recession and irritation'.

"There's no point in getting worked up about something you can't control," he says. "In the words of that old prayer, 'God grant me the wisdom to know the difference between things I can change, and those I can't'.

"We should try to work on the relevant bits," he advises. "Many people in Britain have steam coming out of their heads about the behaviour of government, bankers, the market, and yes, even God.

"But we're not going to have a lot of input into any of the above," he says wryly.

Anger is a natural feeling everyone experiences when they feel frustrated, hurt, rejected or hostile. It varies in intensity ranging from mild irritation, to wanting to tear our hair out, to violent range. And it's not always healthy. Just like other emotions, feelings of anger can have a knock-on effect on the rest of our body.

"It's bad to be constantly an-



People deal with situations in different ways. However a hammer isn't usually the best answer!

gry," warns Hodgson, "Because it will raise your blood pressure. But it's also bad to constantly hold your anger in as that will also raise your blood pressure!"

He admits it's a bit of a Catch-22 scenario. "I think distraction helps. Being able to look at the thing. Just pause a moment and

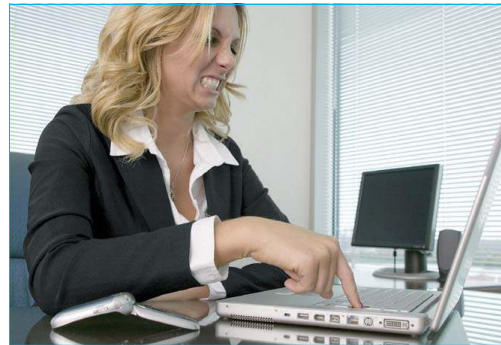
look at it on another scale. If you say, 'I'm incredibly angry because a person in a Ferrari just almost drove me off the road', you're very angry!"

"On the other hand, supposing I'd just won the lottery, would I feel differently about this? In other words, can you re-

contextualize it?"

People deal with difficult situations in different ways. These can vary from reaching for a stiff drink, taking a walk around the block or punching their fist in the air.

But it seems the old adage of taking a deep breath and count-



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ing to ten does help. "You need to control your breathing deliberately," says Hodgson. "Not by breathing more heavily as that will lead to hyper-ventilation. This in turn will lead to worse anxiety and the beginnings of a panic attack."

"And you don't want that!"

Hodgson says we need to try to breathe at a rhythm which is equivalent to a seven second cycle. "You breathe in... one thousand and one, one thousand and two... one thousand and three. You breathe out... one thousand and four, one thousand and five, one thousand and six. And you

pause. One thousand and seven. Then you breathe in again... one thousand and one. And that's how slowly you should breathe in order to get your metabolism back to normal, to rest."

When we're really pissed-off, physiologically, it takes quite a few minutes to calm down.

"You've got to reverse the adrenalinization of your blood stream," says Hodgson. "Cortisol is being injected and you've got that sick feeling in the pit of your stomach."

"You're highly aroused, the blood's run to the surface, your big muscles are ready for action to fight or to run away. And your brain's almost shut down to one single thought which is 'Kill the \*\*\*\*\*!'"

"In other words, you're not being very rational. You've gone into pure animal mode in a sense," adds Hodgson.

But when our heart starts beating faster and the adrenaline's pumping, it's not all bad. We have a system of anger for a purpose. It's a reaction and a healthy response to enable us to deal with threats.

"If you go home and find your partner in bed with somebody else, you should be angry," says Hodgson. "If you're not going to get angry about that, what are you going to get angry about? And this is what anger's for. It's there for a reason."

In a way, it helps us to be truthful. We believe what people say when they lose control. It's not thought out.

But it needs to be kept in check. "You don't want to get into

a fist fight on the street just because somebody's stepped on your foot," says Hodgson.

This is when we're in danger of getting kicked-into a child-like state. The world isn't going quite the way we want it.

"There are only so many temper tantrums you can have before you start asking yourself whether it's really doing your health any good."

"Who's it helping?"

So the next time you feel like throwing your toys out of the pram, take a deep breath and look at our tips for keeping a cool head.

#### ANGERMAGEMENT

Dr Annabel Bentley, assistant medical director for BUPA, says: "Short term anger isn't that harmful. The danger is when it becomes more harmful and starts to change some people's behaviour. They become more aggressive and even prone to violence or bullying around them. It's normal to feel anger, but it's then what you do with it."

What does Bentley recommend to stop yourself from exploding?

"Find the right help, depending on the situation. You may be at home with the family, on a busy bus or packed train, or in the workplace. This is where BUPA has a lot of expertise in providing services, counselling lines."

"Other simple self-help tips are breathing and relaxation and people can go to anger management courses to help with that sort of thing."

Are they seeing more cases of anger this year?

"BUPA Wellness provide a lot

of physiological services to people, in the workplace particularly. And some of our doctors have been dealing with city workers and bankers."

"The main impact of anger is when people get significantly aggressive enough to become violent. Some of the long-term affects can be from injuries like

punching the wall.

"People need to learn how to handle their emotions at different stages of their life and we're there to help."

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www.angermanage.co.uk/  
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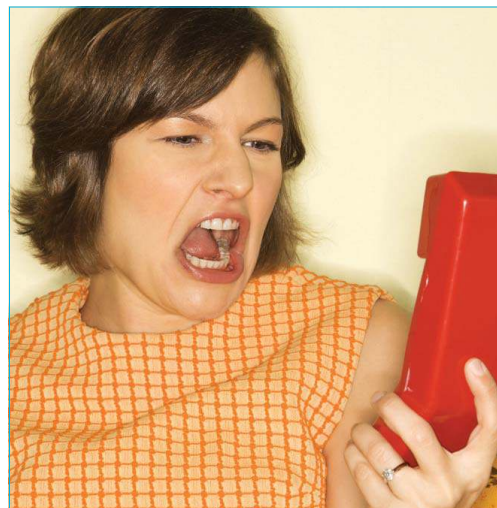
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# Tick Fever, the ever present danger



I have had many disturbing phone calls and emails about Tick Fever over the last couple of weeks. It seems it is fast becoming an epidemic. Strange to hear of so many at this time of the year as there *should* not be so many ticks around during the winter.

First it has to be said that you can use the recommended chemical prevention on your dog and still they can have tick fever. I know this by talking to people. People are telling me they use the treatments monthly and still the dog is diagnosed.

The main chemical treatments are Advantix, Scalibor and a few others which your Vet will recommend. Do not use the Scalibor with other treatments as one will cancel the other.

What is the option for animals allergic to these treatments as all my four are? Well I use Dorwest Garlic and Fenugreek, or just Dorwest Garlic tablets daily. I also use the Dorwest Pennyroyal Shampoo, or Dynamite Shampoo. Dynamite also supply a Repellent liquid which is made up in a plant sprayer with water and sprayed on the dogs coat pre going for a walk. Note that Dynamite con-

tains only herbs, Citronella, Lavender and Tea Tree. I also blood test mine regularly to check that they are free from tick fever, leishmania and heartworm. If any were found to be posi-

tive the dogs could then be treated accordingly. I feel I have no other choice with them as to give them the chemicals would be dangerous.

Tick Fever what is it? **EHRlichiosis**, which is more commonly known as **TICK FEVER**, is generally caused by an organism known as a rickettsia, *Ehrlichia canis*. In recent years, several other species of this parasite have also been identified. This organism is partly like bacteria, partly like a virus, and acts as a parasite of the body's blood cells and organs. The infection is generally transmitted from an infected dog to another by the bite of common ticks. Once a dog is infected with the organism, it may become quite sick 8-20 days later, or the dog may develop a slowly progressive chronic illness, which will not manifest clinical signs until months or years after initial infection. There is also what is called a subclinical or "hidden" form of the disease.

**THE ACUTE FORM** causes fever, lethargy, and loss of appetite, and is usually mild and easy to treat. It may be difficult for the most skilled vet to di-

agnose tick fever in this phase as symptoms are so vague although blood testing may be helpful.

**THE SUBCLINICAL FORM** of the disease occurs when the dog is infected but has absolutely no symptoms! Blood tests performed for other reasons may indicate the infection is present. This stage of the disease may last for **years!**

**THE CHRONIC FORM** can cause severe anemia, lethargy, loss of appetite, weakness, weight loss, organ dysfunction, organ failure, and sudden hemorrhage from the nose, bowels, or kidneys, all leading towards death. Other problems include eye diseases and neurologic dysfunctions. It has to be said that many cases of tick fever are diagnosed during this chronic phase of the disease.

**TREATMENT.** A three week course of antibiotics is usually very effective with most dogs showing good improvement shortly after treatment has begun. However, because of the severe and chronic nature of the disease, long term monitoring and even some repeating of treatments may be required to keep your dog healthy.

When my Chloe was diagnosed with it I took her to the Vets purely with very vague symptoms, she had lost her appetite, was not herself, she was quiet. So I had no real obvious reason for a Vet visit, luckily my Vet was 'on the ball' and tested her for tick fever first. Friend's dogs have shown other signs, diarrhea, sickness, shaking and feeling cold to touch, however often with a temperature. Other friends have sadly had dogs

showing only symptoms at the very late chronic stage so have lost their dog. This is even more heartbreaking when these friends have religiously used the chemical treatments every month.

Another client who has become a good friend rang me this last week as she felt I needed to know the other side of tick fever. She has 5 dogs. All had very vague symptoms last July, finally a blood test proved all had tick fever. In November one became very ill again with all the same symptoms, again tick fever was diagnosed, this time a one month treatment was given. This same dog has just been diagnosed again. The thought is that this has not actually been cured, the dog will now have to be automatically blood tested and treated every 6 months. This same friend says that two Vets have confirmed many more similar cases at the moment.

My advice is to take your dog to your Vet with the slightest suspicion that they are not quite well, no matter how vague—ask for the tick fever test. It may be nothing and let us hope it is nothing BUT in Chloe's case it was Tick Fever. At least by having all my dogs tested regularly I stand a chance of catching it when it is still very treatable.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

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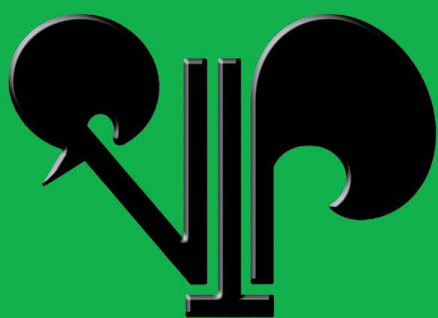
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**Nina** is a lovely young bitch. She is also a very good guard dog as she protects very well her territory. She likes people and enjoys long walks. Nina has been wormed, defleaded, vaccinated and spayed. She is waiting for your visit and has many nice friends. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) [lili10.evann@yahoo.fr](mailto:lili10.evann@yahoo.fr)



**ZÉ MANEL** is a very social and gentle kitten born in October 2008. Unfortunately he lost one eye. Would someone like to give home to a one-eyed kitten? He has been waiting for too long already.... If you want to help us in other ways, you can support our new project of sterilising cats from the colony of cats in the port of Sesimbra - please buy our T-shirts or mouse pads. See: [www.bianca.pt/english](http://www.bianca.pt/english)

[sesimbra.bianca@gmail.com](mailto:sesimbra.bianca@gmail.com) (English, French and Spanish spoken) and read about our work at [www.bianca.pt/english](http://www.bianca.pt/english) and <http://bianca-pet-rescue-adoption.blogspot.com/>



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# In a class of its own

If you want to see the Branson 'style' in its purist form, you need to experience Virgin Atlantic's Upper Class. We have tried various Virgin products and services, but this is where you get to see what Virgin can offer when they pull out all the stops. It's as good as many First Class flight services, and vastly superior to any other Business Class service we have flown in the last couple of years. To say you are treated like royalty from the moment you arrive at London's Heathrow Airport is no exaggeration.

Upper Class check in has its own area within Virgin's vicinity of Terminal 3. The staff were bright, cheerful and attentive. We were quickly (with a wide smile) distinguished as Virgin virgins,

having not flown with them before.

From check-in we were directed to a discreet lift and whisked up to Virgin's private security screening, quick isn't the word!

Thence to the new 'Virgin Atlantic Clubhouse', a quite extraordinary, vast lounge with every conceivable service, outdoing any other First Class lounges we have seen. You can have a shoe shine, haircut, a spa treatment, visit the restaurant area or the 'Deli'. There are several bars, discreet, or with panoramic views, you name it. It was faultless, and you can't say that about many products these days.

Once on board, we were quickly shown to our Upper Class seats, or should I say beds? Simply press a button, and everything converts, not just reclining your seat, but opening out new sections that turn your seat into the longest bed of any airline's business class and many first class products, and not just longer, but 2 inches wider as well. A crisp white duvet and fluffy pillows make it a home from home.

Each seat 'area' is completely separate, an individual 'cabin' of your own if you will, not overlooked, and nobody to step over if you want to leave your seat. If you are travelling with someone else, a very clever touch is that your 'cabin' can be set up for 'dinner for two' by using the footstool as the second seat and the large table has more than enough



Socialising at the onboard bar.

space for two settings. Upper Class is a very sociable area, where people move about, sit and eat or enjoy a drink with friends or colleagues, or visit the bar for a cocktail. If you want privacy, the layout gives you that, if you want to be sociable you can.

As you relax in your private 'cabin', you can access many features. A large TV screen swings out, along with a remote control which gives access to the state-of-the-art in-flight video entertainment system which offers 300 hours of video on demand where passengers can watch or listen to what they want and can start, pause or rewind their chosen movie, TV show or CD. Alternatively, there is a choice of between 14-20 video channels plus 9-14 audio channels and 10-15 games on selected aircraft. You can even send text messages.

On board service is as near perfect as is humanly possible, everything you may have seen and read about Virgin Atlantic staff is true, they are outstanding, and have a friendly and helpful attitude which really puts them streets ahead of many of their competitors.

Meals onboard were of a good standard, nicely presented and served, with a choice of dishes, but on a par with what you would expect on a long haul Business Class service. The choice of wines was very good.

If you are planning to fly long distance, we would certainly

recommend trying Virgin Atlantic's Upper Class, and despite their name, their routes are not limited to just the Atlantic.

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**ALGARVE**

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**12 MAR-18 MAR**



**1**  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
(11.20-13.40 Sat & Sun) 16.20  
**The Reader**  
Kate Winslet, David Kross  
(13.40 except Sat & Sun) 19.00-21.50  
**Valkyrie**  
Tom Cruise, Kenneth Branagh  
(00.30 Fri & Sat)  
**2**  
**Hotel for Dogs PV**  
Emma Roberts, Don Cheadle  
(10.50 Sat & Sun) 13.10  
**Quarantine**  
Jennifer Carpenter, Jay Hernandez  
15.30-17.40-19.50-22.00 (00.15 Fri & Sat)  
**3**  
**Gran Torino**  
Clint Eastwood, Bee Vang  
(11.00 Sat & Sun) 13.40-16.20-19.00-21.40 (00.10 Fri & Sat)  
**4**  
**Watchmen**  
Malin Akerman, Patrick Wilson  
(10.50 Sat & Sun) 14.10-17.35-21.00  
**Bride Wars**  
Anne Hathaway, Kate Hudson  
(00.25 Fri & Sat)  
**5**  
**Bride Wars**  
Anne Hathaway, Kate Hudson  
12.50-15.00-17.10-19.20-21.30  
**Watchmen**  
Malin Akerman, Patrick Wilson  
(23.55 Fri & Sat)  
**6**  
**The Pink Panther 2**  
Steve Martin, Jean Reno  
(11.40 Sat & Sun) 16.40-18.55  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
14.05-21.10 (23.45 Fri & Sat)  
**7**  
**Bolt**  
Animation PV  
(11.00 Sat & Sun)  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
13.20-16.00-18.40-21.20 (00.05 Fri & Sat)  
**8**  
**Hotel for Dogs**  
Emma Roberts, Don Cheadle  
(10.30 Sat & Sun) 12.50  
**Religulous**  
Documentary  
15.10-17.30-19.50-22.10 (00.25 Fri & Sat)  
**9**  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett  
(11.00 Sat & Sun) 14.15  
**The Death and Life of Bobby Z**  
Paul Walker, Laurence Fishburne  
17.40-20.00-22.20 (00.35 Fri & Sat)

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**12 MAR-18 MAR**



**1**  
**Quarantine**  
Jennifer Carpenter, Jay Hernandez  
13.00-15.05-17.10-19.15-21.45 (23.50 Fri & Sat)  
**2**  
**Gran Torino**  
Clint Eastwood, Bee Vang  
13.30-16.05-18.50-21.30 (00.00 Fri & Sat)  
**3**  
**Hotel for Dogs**  
Emma Roberts, Don Cheadle PV  
13.40-16.10-18.30  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
21.15 (23.45 Fri & Sat)  
**4**  
**The Death and Life of Bobby Z**  
Paul Walker, Laurence Fishburne  
13.45-16.20-18.35-21.25 (23.40 Fri & Sat)  
**5**  
**The Pink Panther 2**  
Steve Martin, Jean Reno  
13.50-16.15-18.25  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett  
21.00 (00.05 Fri & Sat)  
**6**  
**Watchmen**  
Malin Akerman, Patrick Wilson  
13.15-16.40-21.20  
**7**  
**Bride Wars**  
Anne Hathaway, Kate Hudson  
13.25-16.30-19.00-21.50 (00.10 Fri & Sat)  
**8**  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
13.20-16.00-18.40-21.40 (0.20 Fri & Sat)

**9**  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
13.10-15.50-18.20-21.10  
**Watchmen**  
Malin Akerman, Patrick Wilson  
(23.30 Fri & Sat)

**CASTELLO LOPES CINEMAS**  
**PORTIMÃO**  
**TEL: 707 220 220**  
**12 MAR-18 MAR**



**1**  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
13.30-16.00-18.30-21.30 (00.00 Fri & Sat)  
**2**  
**Watchmen**  
Malin Akerman, Patrick Wilson  
13.25-16.30-21.20  
**3**  
**Hotel for Dogs**  
Emma Roberts, Don Cheadle  
13.40-15.50  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
18.20-21.10  
**Watchmen**  
Malin Akerman, Patrick Wilson  
(23.30 Fri & Sat)  
**4**  
**Vicky Cristina Barcelona**  
Penelope Cruz, Scarlett Johansson  
14.10-16.20-19.00-22.00 (00.20 Fri & Sat)  
**5**  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
13.50-16.10-18.40-21.50 (00.10 Fri & Sat)  
**6**  
**Bride Wars**  
Anne Hathaway, Kate Hudson  
14.00-16.15-18.50-21.40 (23.55 Fri & Sat)

**CENTRE**

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**12 MAR-18 MAR**

**Gran Torino**  
Clint Eastwood, Bee Vang  
**Bride Wars**  
Anne Hathaway, Kate Hudson  
**Quarantine**  
Jennifer Carpenter, Jay Hernandez  
**Religulous**  
Documentary  
**L'Heure d'été**  
Juliette Binoche, Charles Berling  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
**The Pink Panther 2**  
Steve Martin, Jean Reno  
**Hotel for Dogs**  
Emma Roberts, Don Cheadle  
**Coraline**  
Animation PV  
**The Reader**  
Kate Winslet, David Kross  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**Valkyrie**  
Tom Cruise, Kenneth Branagh  
**Vicky Cristina Barcelona**  
Penelope Cruz, Scarlett Johansson  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett

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**12 MAR-18 MAR**

**Gran Torino**  
Clint Eastwood, Bee Vang  
**Bride Wars**  
Anne Hathaway, Kate Hudson  
**Quarantine**  
Jennifer Carpenter, Jay Hernandez  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**Palermo Shooting**  
Campino, Giovanna Mezzogiorno  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
**The Pink Panther 2**  
Steve Martin, Jean Reno  
**Coraline**  
Animation  
**Hotel for Dogs PV & OV**  
Emma Roberts, Don Cheadle  
**The Reader**  
Kate Winslet, David Kross  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**Valkyrie**  
Tom Cruise, Kenneth Branagh  
**Milk**  
Sean Penn, James Franco  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett

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**12 MAR-18 MAR**

**Gran Torino**  
Clint Eastwood, Bee Vang  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**Bella**  
Eduardo Verastegui, Tammy Blanchard  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
**The Pink Panther 2**  
Steve Martin, Jean Reno  
**Coraline**  
Animation PV  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**Doubt**  
Meryl Streep, Amy Adams  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett

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**12 MAR-18 MAR**

**Gran Torino**  
Clint Eastwood, Bee Vang  
**Bride Wars**  
Anne Hathaway, Kate Hudson  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
**The Pink Panther 2**  
Steve Martin, Jean Reno  
**Hotel for Dogs**  
Emma Roberts, Don Cheadle  
**Coraline**  
Animation  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett

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**12 MAR-18 MAR**

**Gran Torino**  
Clint Eastwood, Bee Vang  
**Bride Wars**  
Anne Hathaway, Kate Hudson  
**Quarantine**  
Jennifer Carpenter, Jay Hernandez  
**Religulous**  
Documentary  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**The Death and Life of Bobby Z**  
Paul Walker, Laurence Fishburne  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
**The Pink Panther 2**  
Steve Martin, Jean Reno  
**Coraline**  
Animation  
**Friday the 13th**  
Jared Padalecki, Danielle Panabaker  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**Valkyrie**  
Tom Cruise, Kenneth Branagh  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett

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**EL CORTE INGLÉS**  
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**12 MAR-18 MAR**



**Gran Torino**  
Clint Eastwood, Bee Vang  
**Bride Wars**  
Anne Hathaway, Kate Hudson  
**Religulous**  
Documentary  
**Adam Resurrected**  
Jeff Goldblum, Willem Dafoe  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**Bella**  
Eduardo Verastegui, Tammy Blanchard  
**Man on Wire**  
Documentary  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
**Coraline**  
Animation PV  
**Rachel Getting Married**  
Anne Hathaway, Rosemarie DeWitt  
**The Reader**  
Kate Winslet, David Kross  
**Last Chance Harvey**  
Dustin Hoffman, Emma Thompson  
**Doubt**  
Meryl Streep, Amy Adams  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**Valkyrie**  
Tom Cruise, Kenneth Branagh  
**Milk**  
Sean Penn, James Franco

**Vicky Cristina Barcelona**  
Penelope Cruz, Scarlett Johansson  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett  
**Changeling**  
Angelina Jolie, John Malkovich

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**12 MAR-18 MAR**



**Gran Torino**  
Clint Eastwood, Bee Vang  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
**The Pink Panther 2**  
Steve Martin, Jean Reno  
**Hotel for Dogs**  
Emma Roberts, Don Cheadle PV  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**Doubt**  
Meryl Streep, Amy Adams  
**Valkyrie**  
Tom Cruise, Kenneth Branagh  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett

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**12 MAR-18 MAR**

**Gran Torino**  
Clint Eastwood, Bee Vang  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
**Coraline**  
Animation PV  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**The Reader**  
Kate Winslet, David Kross  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett

**NORTH**

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**12 MAR-18 MAR**



**Gran Torino**  
Clint Eastwood, Bee Vang  
**Bride Wars**  
Anne Hathaway, Kate Hudson  
**Religulous**  
Documentary  
**Adam Resurrected**  
Jeff Goldblum, Willem Dafoe  
**L'Heure d'été**  
Juliette Binoche, Charles Berling  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**The Death and Life of Bobby Z**  
Paul Walker, Laurence Fishburne  
**Bella**  
Eduardo Verastegui, Tammy Blanchard  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
**The Pink Panther 2**  
Steve Martin, Jean Reno  
**Hotel for Dogs**  
Emma Roberts, Don Cheadle PV  
**Coraline**  
Animation PV  
**The Visitor**  
Richard Jenkins, Haaz Sleiman  
**The Reader**  
Kate Winslet, David Kross  
**Friday the 13th**  
Jared Padalecki, Danielle Panabaker  
**Doubt**  
Meryl Streep, Amy Adams  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**Valkyrie**  
Tom Cruise, Kenneth Branagh  
**Revolutionary Road**  
Kate Winslet, Leonardo DiCaprio  
**Changeling**  
Angelina Jolie, John Malkovich  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett  
**Vicky Cristina Barcelona**  
Penelope Cruz, Scarlett Johansson  
**Milk**  
Sean Penn, James Franco

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**Gran Torino**  
Clint Eastwood, Bee Vang  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
**The Pink Panther 2**  
Steve Martin, Jean Reno

**Hotel for Dogs**  
Emma Roberts, Don Cheadle PV  
**The Reader**  
Kate Winslet, David Kross  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**Valkyrie**  
Tom Cruise, Kenneth Branagh  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett  
**Milk**  
Sean Penn, James Franco  
**Happy-Go-Lucky**  
Sally Hawkins, Alexis Zegerman  
**Rachel Getting Married**  
Anne Hathaway, Rosemarie DeWitt

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**DOLCE VITA DOURO**  
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**12 MAR-18 MAR**

**Gran Torino**  
Clint Eastwood, Bee Vang  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
**Hotel for Dogs**  
Emma Roberts, Don Cheadle  
**Coraline**  
Animation PV  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett  
**Changeling**  
Angelina Jolie, John Malkovich  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**Vicky Cristina Barcelona**  
Penelope Cruz, Scarlett Johansson  
**Second Life**  
Piotr Adamczyk, Paulo Pires

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**12 MAR-18 MAR**

**Gran Torino**  
Clint Eastwood, Bee Vang  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**The Pink Panther 2**  
Steve Martin, Jean Reno  
**Coraline**  
Animation  
**Friday the 13th**  
Jared Padalecki, Danielle Panabaker  
**Vicky Cristina Barcelona**  
Penelope Cruz, Scarlett Johansson  
**The Boy in the Striped Pyjamas**  
Asa Butterfield, Jack Scanlon  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett

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**12 MAR-18 MAR**

**Gran Torino**  
Clint Eastwood, Bee Vang  
**Bride Wars**  
Anne Hathaway, Kate Hudson  
**Quarantine**  
Jennifer Carpenter, Jay Hernandez  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
**The Pink Panther 2**  
Steve Martin, Jean Reno  
**Coraline**  
Animation PV  
**Milk**  
Sean Penn, James Franco  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**Changeling**  
Angelina Jolie, John Malkovich  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett

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**DOLCE VITA PORTO**  
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**12 MAR-18 MAR**

**Gran Torino**  
Clint Eastwood, Bee Vang  
**Quarantine**  
Jennifer Carpenter, Jay Hernandez  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
**The Pink Panther 2**  
Steve Martin, Jean Reno  
**Hotel for Dogs**  
Emma Roberts, Don Cheadle

**PV = Portuguese Version**

**OV =**  
**English**  
**Version**



**Coraline**  
Animation PV  
**Doubt**  
Meryl Streep, Amy Adams  
**Valkyrie**  
Tom Cruise, Kenneth Branagh  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett

**LUSOMUNDO**  
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**12 MAR-18 MAR**

**Watchmen**  
Malin Akerman, Patrick Wilson  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
**Hotel for Dogs**  
Emma Roberts, Don Cheadle  
**Coraline**  
Animation PV  
**Doubt**  
Meryl Streep, Amy Adams  
**Friday the 13th**  
Jared Padalecki, Danielle Panabaker  
**Changeling**  
Angelina Jolie, John Malkovich  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett

**LUSOMUNDO**  
**GAIA SHOPPING**  
**TEL: 707 246362**  
**12 MAR-18 MAR**

**Bride Wars**  
Anne Hathaway, Kate Hudson  
**Quarantine**  
Jennifer Carpenter, Jay Hernandez  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**Bedtime Stories PV**  
Adam Sandler, Russell Brand  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
**Hotel for Dogs**  
Emma Roberts, Don Cheadle PV  
**Coraline**  
Animation PV  
**Friday the 13th**  
Jared Padalecki, Danielle Panabaker  
**Valkyrie**  
Tom Cruise, Kenneth Branagh  
**Second Life**  
Piotr Adamczyk, Paulo Pires  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett

**LUSOMUNDO**  
**NORTE SHOPPING**  
**TEL: 707 246362**  
**12 MAR-18 MAR**

**Gran Torino**  
Clint Eastwood, Bee Vang  
**L'Heure d'été**  
Juliette Binoche, Charles Berling  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
**The Pink Panther 2**  
Steve Martin, Jean Reno  
**Hotel for Dogs**  
Emma Roberts, Don Cheadle PV  
**Coraline**  
Animation PV  
**Friday the 13th**  
Jared Padalecki, Danielle Panabaker  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**Revolutionary Road**  
Kate Winslet, Leonardo DiCaprio  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett

**LUSOMUNDO**  
**PARQUE NASCENTE**  
**TEL: 707 246362**  
**12 MAR-18 MAR**

**Gran Torino**  
Clint Eastwood, Bee Vang  
**Quarantine**  
Jennifer Carpenter, Jay Hernandez  
**Watchmen**  
Malin Akerman, Patrick Wilson  
**The Death and Life of Bobby Z**  
Paul Walker, Laurence Fishburne  
**Bedtime Stories**  
Adam Sandler, Russell Brand  
**The Pink Panther 2**  
Steve Martin, Jean Reno  
**The Wrestler**  
Mickey Rourke, Marisa Tomei  
**Hotel for Dogs**  
Emma Roberts, Don Cheadle  
**Coraline**  
Animation PV  
**Friday the 13th**  
Jared Padalecki, Danielle Panabaker  
**Slumdog Millionaire**  
Dev Patel, Freida Pinto  
**Vicky Cristina Barcelona**  
Penelope Cruz, Scarlett Johansson  
**Valkyrie**  
Tom Cruise, Kenneth Branagh  
**The Curious Case of Benjamin Button**  
Brad Pitt, Cate Blanchett





A racist Korean War veteran living in a crime-ridden Detroit neighbourhood is forced to confront his own lingering prejudice when a troubled Hmong teen from his neighbourhood attempts to steal his prized Gran Torino.

Decades after the Korean War has ended, ageing veteran Walt Kowalski (Clint Eastwood) is still haunted by the horrors he witnessed on the battlefield. The two objects that matter most to Kowalski in life are the classic Gran Torino that represents his happier days working in a Ford assembly plant, and the M-1 rifle that saved his life countless times during combat. When Kowalski's teenage neighbour (Bee Vang) attempts to steal his Gran Torino as part of a gang initiation rite, the old man manages to catch the aspiring thief at the business end of his well-maintained semi-automatic rifle. Later, due to the pride of the Asian group, the boy is forced to return to Kowalski's house and perform an act of penance. Despite the fact that Kowalski wants nothing to do with the young troublemaker, he realizes that the quickest way out of the situation is to simply cooperate. In an effort to set the teen on the right path in life and toughen him up, the reluctant vet sets him up with an old friend who now works in construction. In the process, Kowalski discovers that the only way to lay his many painful memories to rest is to finally face his own blinding prejudice head-on.

## CLINT EASTWOOD GRAN TORINO



## BRIDE WARS

Liv (Kate Hudson) and Emma (Anne Hathaway) are best friends who since childhood have planned every detail of their respective weddings. At the top of their bridal "must have" list: a ceremony at New York's ultimate bridal destination, the Plaza Hotel. Now, at age 26, they're both about to get married, they're about to realize their dreams, and they're about to live happily ever after. When a clerical error causes a clash in wedding dates - they're now getting married on the same day! - Liv, Emma and their lifelong friendship are put to the ultimate test. Liv, a successful lawyer who is used to getting what she wants, including the perfect job and the perfect man, won't settle for anything less than the perfect wedding she has dreamt of for years. Emma, a schoolteacher who has always been good at taking care of others, but not so much in looking after herself, discovers her inner Bridezilla and comes out swinging when her own dream wedding is imperiled.



## QUARANTINE THE GAME

Television reporter Angela Vidal (Jennifer Carpenter) and her cameraman (Steve Harris) are assigned to spend the night shift with a Los Angeles Fire Station. After a routine 911 call takes them to a small apartment building, they find police officers already on the scene in response to blood curdling screams coming from one of the apartment units. They soon learn that a woman living in the building has been infected by something unknown. After a few of the residents are viciously attacked, they try to escape with the news crew in tow, only to find that the CDC has quarantined the building. Phones, internet, televisions and cell phone access have been cut-off, and officials are not relaying information to those locked inside. When the quarantine is finally lifted, the only evidence of what took place is the news crew's videotape.

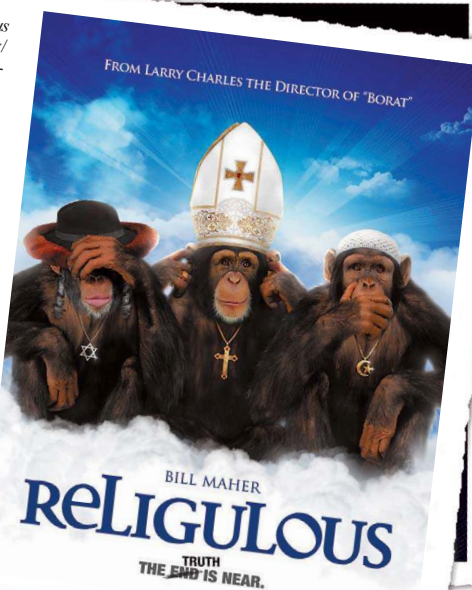


Religulous is a comedy/documentary film written by and starring political comedian Bill

Maher and directed by Larry Charles. According to Maher, the title of the film is a portmanteau derived from the words "religion" and "ridiculous"; the documentary examines and satirizes organized religion and religious belief.

Bill Maher teams up with the director of *Borat* to take a look at religion around the world. Focusing mainly on religions familiar to western audiences, he interviews assorted believers, asking them difficult questions about what they believe and why.

Known for his astute analytical skills, irreverent wit and commitment to never pulling a punch, Maher brings his characteristic honesty to an unusual spiritual journey.



### U. K. Film Classification

Gran Torino - 15  
Bride Wars - PG  
Quarantine - 18  
Religulous - 15  
Watchmen - 18

The Death and Life of Bobby Z - TBC (15)  
Bedtime Stories - PG  
The Wrestler - 15  
Bella - TBC (12A)  
The Pink Panther 2 - PG

Hotel For Dogs - U  
Coraline - PG  
Rachel Getting Married - 15  
The Reader - 15  
Friday the 13th - 18  
Slumdog Millionaire - 15

'U' - Film suitable for audiences aged 4.  
'PG' - Parental Guidance - General viewing.  
'12A' - Suitable for 12 years and over (under 12 unless accompanied by an adult).  
'TBC' - Not an official rating.  
'15' - Suitable only for 15 years and over.  
'18' - Suitable only for adults





## HIGHLIGHTS



**LISBON - March 13 & 14 - Musical Show 'BIG IN BOMBAY BY CONSTANZA MACRAS | DORKY PARK'** - In Big in Bombay, the acclaimed Argentinean Constanza Macras puts the whole world in a frenzy - Main Auditorium of Centro Cultural de Belém - 21h00 - Tickets: €5 to €30 (usual discounts) - Tickets: CCB box office and places and web sites shown below.



**ARMAÇÃO DE PERA - Saturday 14th & Sunday 15th March** - If you have ever wanted to write your memoirs, a short story or a blockbuster novel get started by attending the next Creative Writing Workshop with **Jenny Grainer** to be held at the Hotel Garbe. Please phone Jenny for more details on 282 381 201 or 963 518 184. You won't regret it.

**SÃO BRÁS DE ALPORTEL - March 15 Sunday at 17h00** - This month the Museum Jazz Club will feature a very special concert! - **Arsênio Martins** presenting 'The Adventures of Prince Achmed' - silent movie and music! - The trio comprises Arsênio Martins (piano), Miguel Angel Comesaña (tenor and soprano sax) and Fernando Gavêia (drums and percussion) - There will be the usual 'jam session' at the end of the concert - TM: 966329073 - Rua Dr. José Dias Sancho nº 61, 8150-171 São Brás de Alportel - [www.amigos-museu-sbras.org](http://www.amigos-museu-sbras.org)



[www.ticketline.sapo.pt](http://www.ticketline.sapo.pt) - Reservations: 707 234 234

**LISBON - March 18 - DZAKRIEH present concert 'Hemisférios' at the Cinema S. Jorge at 21h30 - Tickets:** Cinema S. Jorge, Worten, Fnac, Bliss, Shops Viagens Abreu, Bookstore Bulhosa (Oeiras Parque and C.C.Cidade do Porto), MegaRede outlets and website



**TAVIRA - March 28 - Spring Bazaar** - The Távira Fund Raisers are organising a Spring Bazaar on Saturday (28th March) at the Mercado da Ribeira in Tavira from 10h00 until 13h00. All profits will go to the Canil São Francisco in Loulé - The animals at the 'canil' will be grateful for your visit and welcome all donations.

**ALBUFEIRA - Until March 30 - Exhibition of watercolours and oils by Clive Cook 'Impressions of Portugal'** - at 'Galeria de Arte Pintar Samora Barros' on Largo Engº Duarte Pacheco - Times: 10h30 until 14h30 daily except Sundays and Public Holidays.



**LISBON - May 24 to June 15 - 78th Lisbon Book Fair** - Parque Eduardo VII - 132 pavilions being 11 dedicated to children's books - Opening times: Monday to Friday at 16h00; Saturdays, Sundays and Holidays at 15h00; June 1 (World Children's Day), at 10h00. Closing Times: Sundays to Thursdays at 23h00; Fridays, Saturdays and days before holidays and last day of the fair at 24h00 - [www.feiradolivrodelisboa.pt](http://www.feiradolivrodelisboa.pt)



**LISBON - June 3 - The ACDC will be performing in a live concert at the Estádio José Alvalade** - a spectacular music event: If you are dead eager to watch ACDC in Portugal, it is now the time and the place to order your ACDC Estádio José Alvalade tickets for this dazzling ACDC concert - Ticket price: €189 - You can buy your tickets directly at the Estádio Alvalade in Lisbon or at the same places shown below or at [Worldticketshop.com](http://Worldticketshop.com) - Your Ticket To Fun!



## SOUTH

### ALMANCIL

#### DAILY

**Exhibitions, concerts, events at Centro Cultural São Lourenço** - located at the EN 125 between Almancil and Faro next to the chapel. A row of 200 year old rural houses have been carefully restored, offering six gallery rooms, large patios and terraces and a well kept sculpture garden on an area of 4500 sqm. - T. 289 395 475 - Open daily from 10h00 to 19h00 (Sundays and public holidays included) Closed on Mondays

### FARO

#### UNTIL MARCH 28

**Exhibition 'I put a spell on you' by Ana Borralho & João Galante** - Contemporary Art Gallery 'Artadentro' - Tuesdays to Saturday from 15h00 to 19h00; Closed Sundays, Mondays and holidays - T. 289 802 754

### FERRAGUDO

#### MARCH 27 & 28

**March 6 and 7: Restaurant Faja Lobi in Alvor, T. 282 414 133 - March 27 and 28 at Piano Garden in Ferragudo, T. 282 461 526 - 'SNAKES ON STAGE'** - Written and performed by local resident, Nicky Moran, 'Snakes and Ladders' is a riotously entertaining play - The one-woman show is an accurate portrayal of a reformed tramp forced by society to drop her previous lifestyle. She gives the audience the benefit of her insight. Aside from the central character, Nicky successfully assumes the roles of other people employed by Social Services offering a diversionary interest and plenty of 'rock-on' humour! The play is combined with dinner providing an enjoyable evening. Tables should be booked in advance.

### LAGOA

#### MARCH 14-APRIL 22

**Painting Exhibition by Meike Flesseman** - Exhibition Room Manuel Gamboa in S. José Convent - T. 282 380 434

#### DAILY

**Quinta dos Vales** - Wine and art - Art sales on Mon, Wed & Sat from 14h-18h or by appointment - Quinta dos Vales, Agricultura e Turismo, S.A., Sítio dos Vales, Caixa P. 112, 8400-031 Estombar (near Lagoa) - Phone: (+351) 282 431 036 - Telefax: (+351) 282 431 189 - [www.quintadosvales.eu](http://www.quintadosvales.eu)

### LAGOS

#### FROM MARCH 16 TO 30

**Painting Exhibition by Amanda Moura, Moira Maguire and David Haines** - oil, acrylic and water colours - Old Slave Market

## SOUTH

### DAILY

**Visit Casa Fogaça and see how the caravels were built, and what was the food they ate on board** - Access to Casa Fogaça is through the Municipal Market on Avenida and from Rua Dr. Faria e Silva - Tuesday to Sunday from 10h00 to 18h00 - 282 780 060

### LOULÉ

#### UNTIL APRIL 7

**Painting Exhibition 'Jazz' by Doris Gaspartic** - Art Gallery Vale do Lobo

#### UNTIL APRIL 9

**Exhibition by 5 Faro Artists** - São Lourenço Cultural Centre - Tue-Sun: 10h-19h (Closed Mondays) - T. 289 395 475

#### EVERY SATURDAY

**Market Fairs on Rua Nossa Senhora da Piedade**

### PADERNE

#### DAILY



**Galeria Corte-Real** containing art works and decorative items has relocated to Paderne - Open 4 days per week - Thursdays to Sundays - from 10h00 TO 17h00 - Signs from Boliqueime, Ferreiras & Paderne - 912737762 / 918980199

### PORTIMÃO

#### MARCH 21-MAY 24

**Exhibition 'Gosto de Mulheres' a portrait of the creative world of women in the arts in Portugal, through sculpture, painting, jewellery, photography, music, cinema, literature, cookery...** - Arade Gallery - Fairs and Exhibitions Park - T. 962 505 344 / 964 974 274

#### SATURDAYS

**Special Saturdays dedicated to Children** - Music, Dance, Story telling Workshops - Manuel Teixeira Gomes Municipal Library - To enroll, call 282 480 470

### SILVES

#### MARCH 16 TO 20

**Inauguration competition week of the Amendoeira Bowls Club** - Oceânico Amendoeira Golf Resort (near Silves) - For details please call Peter Cain +351 961 356 804 [www.oceanicogroup.com](http://www.oceanicogroup.com)

#### UNTIL MID MARCH

**Exhibition of pen, ink & wash artwork by Hilary Cunningham at Café Inglês** - Café Inglês is situated on the step of Silves Castle - T. 282 442 585

### TAVIRA

#### MARCH 14

**Handicrafts' Display & Sales** - Ribeira Market from 11h00 to 18h00 - Org. Távira Association of Arts and Flavours

### EVERY 4TH SUNDAY

**Car Boot Sale of the month from 10h00 to 15h00** - Same day as Stª Catarina market (Inside if wet) - Quinta Fonte do Bispo on EN270 - T. 281 971 484 - fax: 281 971 714

#### TUE, WED, THU, SUN

**Tue:** 19h30-20h30: Latin American Dance Lessons €5 - **Wed:** 14h30-16h30: Art Lessons - **Thu:** 18h30-22h00 Jamming session, bring along your musical instrument - **Sun:** Lunchtimes Carvery only €10 - **Quinta Fonte do Bispo** on EN270 - T. 281 971 484 - fax: 281 971 714 - [info@qtfontebispo.com](mailto:info@qtfontebispo.com)



### PORTO

#### DAILY

**Casa da Música:** guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before the visit - Price: € 2; Free for children under 12 - 220120214 - Av. da Boavista, 604-610 [www.casadamusica.com](http://www.casadamusica.com)

#### DAILY

**Serralves Foundation:** Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - to the park Sun: 11h-12h - Visits are free on the purchase



### CASCAIS

#### DAILY

**Cascais Cultural Centre** - Concerts, shows, exhibitions, & other events - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214848900

#### DAILY

**Sea Museum - Rei D. Carlos** - Rua Júlio Pereira da Mello in Cascais - 214825400

### ESTORIL

**Casino Estoril** - Shows, games, concerts, lots of entertainment and Art Gallery - Info: [estoril@estoril-sol.com](mailto:estoril@estoril-sol.com) 214667700-214825400

### LISBON

#### DAILY



**INFLUXCONTEMPORARY** is a new space dedicated to **African Contemporary Art** - The *Influx Contemporary* will present six annual solo exhibitions featuring international artists as Chéri Cherin or George 'Afedzi' Hughes. The latter was chosen to inaugurate the space as he sintetizes the whole project - The exhibition will run until April 9 (two George 'Afedzi' Hughes' performance videos will be shown) - Open From

### SÃO BRÁS ALPORTEL

#### UNTIL MARCH 28



**Exhibition 'Protecção Civil com Arte e História'** (Civil Protection with Art and History) at the Município of São Brás de Alportel



## NORTH

of an entrance ticket to the museum - Rua D. João de Castro, 210 - Tel: 226 156 584 - [www.serralves.pt](http://www.serralves.pt)

#### UNTIL MARCH 15

**Festival Suggia** - Programme: 13th: Remix Ensemble - 21h00 - Suggia Hall - €10; 14th: Orquestra Nacional do Porto - 18h00 - Suggia Hall - €16; 15th: Soloists from the Orquestra Nacional do Porto - 12h00 - Hall 2 - €5

## CENTRE

Wednesday to Saturday from 14h00 to 19h00 - *Influx Contemporary* is situated on Rua Fernando Vaz, 20B - T. 918 501 234 - [info@influxcontemporary.com](mailto:info@influxcontemporary.com) - [www.influxcontemporary.com](http://www.influxcontemporary.com)

#### MARCH 15 & 19

**Shows at Arena Lounge of Casino Lisboa:** Until March 15: 'Viva La Vida - Frida Kahlo' March 19: **Debut in Portugal of the world acclaimed 'Blue Man Group'; Tickets: €25-€30** - Casino Lisboa is on Alameda dos Oceanos at Park of Nations - T. 218 929 000 / 707 234 234

#### UNTIL MAY 24

**Exhibition 'Darwin's Evolution'** - the exhibition incorporates elements of Darwin, an exhibition organized by the American Museum of Natural History, New York - Av. de Berna 45-A T. 217823523 - F. 217823019 E. [darwin@gulbenkian.pt](mailto:darwin@gulbenkian.pt) Weblog: <http://a-evolucao-de-darwin.weblog.com.pt>

**Pena Palace** - The Palace dates back to 1839 - Visits info: Sintra City Hall on Largo Dr. Vergílio Horta - 219238500- [geral@cm-sintra.pt](mailto:geral@cm-sintra.pt)



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to [copy@the-news.net](mailto:copy@the-news.net) by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: [www.pavilhaoatlantico.pt](http://www.pavilhaoatlantico.pt); [www.ticketline.pt](http://www.ticketline.pt) | Phone numbers: Ticketline 707 234 324



## BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.35 Rachel Allen: Bake! (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Outtake TV. (R) (T) 1.30 Kilimanjaro - The Big Red Nose Climb. (R) (T) 2.30 Live Six Nations Rugby Union. Italy v Wales (Kick-off 3.00pm). (T) 4.45 Live Six Nations Rugby Union. Scotland v Ireland (Kick-off 5.00pm). Including BBC News at half-time. (T)

**7.15 Let's Dance for Comic Relief.** Claudia Winkleman and Steve Jones present the final of the celebrity dance competition. The line-up includes Robert Webb, Keith Lemon and Patrick McGuinness, Dick and Dom, and Jan Brand, while Denise Van Outen and Michael McIntyre join Anton Du Beke on the judging panel. Music is provided by Alesha Dixon, plus Ruth Jones, Rob Brydon and Tom Jones with the Comic Relief single (Barry) Islands in the Stream. Last in the series. (T)

**8.35 The National Lottery Draws.** More fortunes are made as Ronan Keating joins Scott Mills to set the balls rolling for the Thunderball, Dream Number and Lotto draws. (T)

**8.45 Casuality.** Jessica receives DVD footage of her children, but it is bittersweet because she still has no evidence of their location. Ruth tries in vain to improve her social skills, Alice attempts to understand Curtis's reasons for shutting her out, while Dixie and Jeff are bemused by a new colleague's enthusiasm. (T)

**9.35 BBC News; Weather; (T) National Lottery Update.** (T)

**10.00 Match of the Day.** Gary Lineker presents highlights of today's Premier League clashes, including Manchester United v Liverpool at Old Trafford and Middlesbrough v Portsmouth at the Riverside. Liverpool beat the defending champions 2-1 at Anfield earlier in the season, but United have recovered from a slow start to overtake their rivals at the top of the table. At the other end, Boro and Pompey were desperate for points that could make all the difference in their battle to avoid the drop. (T)

**11.55 FILM: Eyes of Laura Mars (1978).** Thriller, starring Faye Dunaway; (T) Weatherview. (T) 1.40 BBC News. (T)

**(R)** - repeat programme;  
**(T)** - programme with teletext subtitles;  
**(S)** - programme broadcast in stereo;  
**(bw)** - black and white.



## BBC2

6.00 CBeebies: 6.00 Tikkabilla; (R) (T) Doodle Do Making Moments. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Baffink. (R) (T) 7.10 Rocket Boy and Toro. (R) (T) 7.35 Three Delivery. (T) 8.00 Skunk Fu! (R) (T) 8.15 Sportsround. (T) 8.30 Richard Hammond's Blast Lab. (T) 9.00 Who Wants to Be a Superhero? (T) Bernard. (R) (T) 10.00 Basil's Swap Shop. (T) 11.00 Roar. (R) (T) 12.00 BBC Switch: Sound. (R) (T) 12.50 BBC Switch: Superagents. (T) 1.25 BBC Switch: Sound. (T) 2.00 The Sky at Night. (R) (T) 2.20 Animal Park. (T) 3.05 Psych. (T) 3.45 Psych. (T) 4.30 Final Score. (T) 5.10 Galapagos. (R) (T) 6.00 Monty Hall's Great Escape. (R) (T) 7.00 The Genius of Photography. Journeys that inspired highly acclaimed photographic works. (T) 8.00 Timewatch: Captain Cook - The Man Behind the Legend. The forces that drove the explorer to achieve success. (T) 9.00 The Lost World of Communism. New documentary series revealing what life was like for people in Eastern Bloc countries before the collapse of communist states, symbolised by the fall of the Berlin Wall in 1989. (T) 10.00 Comic Relief Does Top of the Pops. With U2, Oasis, Franz Ferdinand and Tom Jones. (R) (T) 10.35 Comic Relief: The Best Bits. (T) 10.50 The Genius of Photography. (T) 11.50 FILM: Good Bye Lenin! (2003). Premiere. Comedy drama, starring Daniel Brühl. 1.45 Mad Men. (R) (T) 2.35 FILM: My Dear Secretary (1948). Romantic comedy, starring Kirk Douglas. (T) (bw) 4.10 Close.

## Pick of the Day

## Let's Dance for Comic Relief (BBC1, 7.15pm)

It's only March, and already this show has thrown up some early contenders for TV highlight of the year. After all, Robert Webb's Flashdance a couple of weeks ago has become a YouTube monster hit, and was one of the funniest things to hit the small screen in ages. So, can tonight's offering possibly top what's gone before? Claudia Winkleman and Steve Jones host the spectacular final of the dance extravaganza, as the six successful acts pay homage to iconic routines in a bid to be crowned the Let's Dance For Comic Relief champion. Webb is back for another performance, and joining him will be Dick and Dom, who gained their place in the final following their impressive tribute to the Blues Brothers. The finalists take to the floor for one last time to dazzle the studio audience and a panel of experts, led by Anton Du Beke, who is joined by Denise Van Outen and another guest panellist. Viewers will then vote for their Let's Dance For Comic Relief champion, with proceeds from the voting going to Comic Relief.

## C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freeports on 4. (R) 7.30 Sailing. 8.00 The Morning Line. (R) 8.55 T4: One Tree Hill. (T) 9.55 T4: Friends. (R) (T) 10.25 T4: Friends. (R) (T) 10.55 T4: Lily Allen Special: Under the Skin. (T) 11.55 T4: Shipwrecked 2009: Battle of the Islands. (R) (T) 1.00 T4: Scrubs. (T) 1.30 T4: Scrubs. (T) 2.00 Channel 4 Racing from Uttoxeter, Wetherby and Lingfield Park. Including the 3.40 John Smith's Midlands Grand National Chase (H'cap) (4m 1 1/2f). (T) 4.00 Come Dine with Me. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Come Dine with Me. (R) (T) 5.30 Come Dine with Me. (R) (T) 6.00 Come Dine with Me. (R) (T) 6.30 Channel 4 News. (T) 7.00 Time Team. Searching for the earliest evidence of Christianity in Britain. (R) (T) 8.00 Grand Designs. Following the progress of a couple who have moved to the Kent countryside to bring up their two children. They hope to build a functional house that blends in with the landscape. (R) (T) 9.00 FILM: I, Robot (2004). A detective is convinced a robot has killed its inventor, even though the machine was programmed to prevent it from harming humans. Sci-fi thriller, with Will Smith and Bridget Moynahan. (T) 11.10 FILM: Ali (2001). Biopic, starring Will Smith. (T) 2.05 Stonehouse Reunion. (R) (T) 2.10 FILM: Sex Lives of the Potato Men (2004). Comedy, starring Johnny Vegas. (T) 3.30 Hallo Panda. (R) (T) 4.00 Reasons to Be Cheerful. (R) 4.10 Hill Street Blues. (R) 4.55 Time Team Digs. (R) (T)

## FIVE

6.00 Sunrise. 7.00 Milkshake! Mio Mao. (R) (T) 7.05 Ebb and Flo. (R) (T) 7.10 Franklin. (R) (T) 7.45 Franny's Feet. (R) (T) 8.00 Olivia. (R) (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.30 Animal Families. (R) (T) 8.45 Bert and Ernie's Great Adventures. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Roary the Racing Car. (R) (T) 9.20 Rupert Bear. (R) (T) 9.35 Jane and the Dragon. (R) (T) 10.00 Zoo Days Shorts. (R) (T) 10.15 The Gadget Show. (R) (T) 11.15 Extreme Fishing with Robson Green. (R) (T) 12.15 Ice Road Truckers. (R) (T) 1.15 FILM: The Spirit of St Louis (1957). Biopic of Charles Lindbergh, starring James Stewart. (T) 3.50 FILM: Rough Air: Danger on Flight 534 (2001). Disaster thriller, starring Eric Roberts. (T) 5.40 FILM: Young Guns II: Blaze of Glory (1990). Western sequel, starring Emilio Estevez. (T) 7.30 Five News and Sport. (T) 7.35 Minder. Archie organises a boxing match, intending to bet on the outcome and use his winnings to fund costly divorce proceedings - but his devious wife outwits him. Last in the series. (R) (T) 8.35 NCIS. The team investigates the murder of two Marines' wives - and although Gibbs initially suspects domestic violence, evidence later suggests the case may involve professional killers. (R) (T) 9.35 CSI: NY. A security guard is found dead in strange circumstances. (T) 10.35 Law & Order. Heroin users are murdered in a raid on a drug den. (T) 11.35 Crime Scene Academy. (R) (T) 12.05 Quiz Kak. 4.00 The Gadget Show. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITY: Horrid Henry. (T) 9.40 Supernormal. (T) 9.55 Planet Sketch. (T) 10.10 The Cosby Mysteries. (T) 11.10 Countrywise. (R) (T) 11.40 Dancing on Ice. (R) (T) 12.45 Dancing on Ice: The Skate Off. (R) (T) 1.30 ITV News and Weather; Weather. (T) 1.35 Inspector Morse. (R) (T) 3.35 FILM: Thunderbirds (2004). Sci-fi adventure, starring Bill Paxton. (T)

5.15 London Tonight; Weather. (T) 5.30 ITV News and Weather. (T) 5.45 New You've Been Framed! Camcorder clips, including a flying lawnmower. (T)

6.15 Harry Hill's TV Burp. A review of the week's small-screen highlights. (T)

6.45 The Colour of Money. Game show in which contestants try to 'withdraw' life-changing sums of money from up to 10 of 20 cash machines. Presented by Chris Tarrant and Millie Clode. (T)

7.45 Ant & Dec's Saturday Night Takeaway. The Geordie duo present another fun-packed edition, with girl band the Saturdays showcasing their forthcoming single Work. The six remaining contestants in Escape from Takeaway Prison hurl themselves head first at a game Velcro wall, while in Ant v Dec: The Teams, the pair are joined by famous faces to be thrown in at the deep end for a dramatic challenge. An unsuspecting member of the public receives a surprise in The Mouse Trap, the game Musical Toadstools returns and there is the usual chance for another member of the audience to win items advertised in last week's commercial breaks. (T)

9.00 FILM: About a Boy (2002). A selfish womaniser poses as a single dad to attract the ladies, but ends up learning a valuable lesson from a lonely youngster. Romantic comedy, with Hugh Grant and Toni Collette. (T)

10.50 ITV News and Weather; Weather. (T) 11.05 FILM: After Hours (1985). Black comedy, starring Griffin Dunne. (T)

12.55 Nightwatch with Steve Scott: Action Stations; (R) (T) ITV News Headlines. 1.50 Winter Solstice. (R) (T) 3.20 ITV Nightscreen.

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## LOCAL

**RTP1**  
0630 Children TV 0715 Brinca Comigo 0800 Bom Dia Portugal 1100 Portugal sem Fronteiras 1300 News 1415 Top + 1545 Smallville, series 1700 Maverick, film 1915 Vila Faia 2000 News 2045 Voz do Cidadão 2100 Football 2300 Football Reviews 2330 Storm Catcher, film 0115 Cold Case, series 0245 Redemption, film 0415 Telesales 0515 A Hora da Sorte 0530 Top+  
**RTP2**  
0700 Euronews 0800 África 7 Dias 0830 News 0900 Open University 1000 Children TV 1230 Tintin and the Shark Lake, film 1400 Parlamento 1500 Sports 1900 Desafio Verde 2000 Kaboom 2100 Between Earth and Sky 2145 Hora da Sorte 2200 News 2240 Lolita, film 0100 A Star is Born, film 0230 Planet Science 0330 Between Earth and Sky 0630 Euronews  
**SIC**  
0600 Etnias 0645 Sic Kids 0830 Disney Kids 1000 Star Wars: Clone Wars, series 1030 Programa da Lucy 1200 Our World: Planet Earth 1300 News 1400 Episódio Especial 1445 Film 1630 Film 1815 Film 2000 News 2130 VIP Manicure 2200 Não Há Crise 2300 The Secrets of Magic 0000 Toma Lá Dá Cá 0045 Film 0245 Todos em Linha  
**TVI**  
0700 Children TV 0930 Smackdown, wrestling 1030 Campeões e Detectives 1115 Deluxe 1215 Antevésio 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2130 Flor do Mar 2230 Felício do Amor 2330 Olhos nos Olhos 0030 Single White Female, film 0215 Sempre a Somar 0430 The Unit, series 0500 Telesales

## Best of the Rest

**BBC3**  
7.00 U2 at the BBC 7.30 The Real Hustle: High Stakes 8.00 Top Gear 9.00 Film: Meet the Parents 12 (2000) 10.45 Live at the Apollo 11 (2003) Family Guy 11.55 Family Guy 12.15 Two Pints: Comic Relief Special 12.45 Two Pints: Fags, Lads and Kebabs 1.45 Snog, Mary, Avoid? 2.15 Don't Get Ripped Off 2.45 The Real Hustle: High Stakes 3.15 Two Pints: Comic Relief Special 3.45 Two Pints: Fags, Lads and Kebabs 4.40 U2 at the BBC 5.10 Close  
**BBC4**  
7.00 Wild Scotland 7.15 The No 1 Ladies' Detective Agency 9.00 Rough Trade at the BBC 10.00 Do It Yourself: The Story of Rough Trade Records 11.30 Film: Kijuroji 12 (1999) 1.25 Rough Trade at the BBC 2.30 Do It Yourself: The Story of Rough Trade Records 4.00 Close  
**ITV2**  
1.35 Paris Hilton's British Best Friend 2.35 Gossip Girl 3.35 Lily Allen: The Hot Desk 3.45 American Idol 5.45 American Idol 6.45 Film: Nanny McPhee U (2005) 8.45 Seann William Scott: The Hot Desk 9.00 Katie Price: Life Stories Uncut 10.30 Film: Van Helsing 12 (2004) 1.05 Celebrity Juice 1.35 FM 2.05 Film: My Date with Drew PG (2004) 3.45 Teleshopping 5.45 ITV2 Nightscreen  
**Sky1**  
1.00 Don't Forget the Lyrics 2.00 Bones 3.00 Project Runway 4.00

Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Gladiators 6.00 The Simpsons 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Road Wars 9.00 Bones 10.00 Cold Case 11.00 24 12.00 24 1.00 Road Wars 1.50 Road Wars 2.40 Street Wars 3.30 Miami Uncovered 4.20 Miami Uncovered 5.10 Guilty!  
**G.O.L.D**  
1.00 Last of the Summer Wine 1.40 Open All Hours 2.20 Last of the Summer Wine 3.00 Keeping Up Appearances 3.40 Last of the Summer Wine 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 Open All Hours 6.20 Last of the Summer Wine 7.00 Keeping Up Appearances 7.40 Last of the Summer Wine 8.20 Open All Hours 9.00 Jonathan Creek 10.20 Blackadder Goes Forth 11.00 A Bit of Fry and Laurie 11.40 Jonathan Creek 1.00 Blackadder Goes Forth 1.40 Charlie's Angels 2.30 A Bit of Fry and Laurie 3.00 Close  
**TCM**  
1.00 The Maltese Falcon PG (1941) 3.00 Any Wednesday PG (1966) 5.10 The Cincinnati Kid PG (1965) 7.05 Spies Like Us PG (1985) 9.00 Dark City 15 (1998) 11.00 The Screening Room 11.30 Quick Change 15 (1990) 1.10 Dark City 15 (1998) 3.00 Clash of the Titans PG (1981) 5.00 The Girl from Missouri PG (1934)

**The Disney Channel**  
Kids' programmes from 7am, except: 4.00 Film: Twiches Too PG (2007) Fantasy adventure, starring Tia and Tamera Mowry.

## MOVIES

## Sky Movies Drama

6.30 One Special Night PG (1999) 8.10 The Top 10 Show 8.30 Cop Dog PG (2008) 10.15 The Movie Geek 10.45 The Neighbor 12 (2008) 12.30 American Graffiti PG (1973) With Richard Dreyfuss. 2.30 The Valley of Light PG (2007) With Chris Klein. 4.15 Love N' Dancing 12 (2008) With Amy Smart. 6.00 August Rush PG (2007) With Freddie Highmore. 8.00 The Jane Austen Book Club 12 (2007) With Kathy Baker. 10.00 American Gigolo 18 (1980) With Richard Gere. 12.00 The Walker 15 (2007) With Woody Harrelson. 2.00 World Trade Center 12 (2006) With Nicolas Cage. 4.20 Loss of Faith PG (1997)

## Sky Movies Comedy

6.15 Bad Manners 15 (1997) 7.50 Don't Go Breaking My Heart PG (1999) 9.25 Blast from the Past 12 (1999) 11.10 Evan Almighty PG (2007) With Steve Carell. 12.50 Wild Hogs 12 (2007) With John Travolta. 2.35 Life 15 (1999) With Eddie Murphy. 4.30 What About

Bob? PG (1991) With Bill Murray. 6.15 Wild Hogs 12 (2007) With John Travolta. 8.00 Evan Almighty PG (2007) With Steve Carell. 9.45 Life 15 (1999) With Eddie Murphy. 11.45 What About Bob? PG (1991) With Bill Murray. 1.30 Stranger than Fiction 12 (2006) With Will Ferrell. 3.25 The Bachelor 12 (1999) 5.10 Don't Go Breaking My Heart PG (1999)

## Sky Movies Action/Thriller

6.00 The Magic Sword: The Quest for Camelot PG (1998) 7.35 Lake Placid 15 (2000) 9.10 Blue Streak 12 (1999) 10.50 Die Hard with a Vengeance 15 (1995) 1.05 Ocean's Thirteen PG (2007) With George Clooney. 3.10 Lake Placid 15 (2000) With Bill Pullman. 4.40 Blue Streak 12 (1999) With Martin Lawrence. 6.20 Zodiac 15 (2007) With Jake Gyllenhaal. 9.00 Ocean's Thirteen PG (2007) With George Clooney. 11.05 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 1.15 Death Sentence 18 (2007) With Kevin Bacon. 3.05 The Corruptor 18 (1999) 5.00 The Magic Sword: The Quest for Camelot PG (1998)

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## BBC1

6.00 Breakfast. (T) 7.35 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 EastEnders. (T) 2.30 Live Six Nations Rugby Union. England v France (Kick-off 3.00pm). (T)

5.00 Songs of Praise. Eamonn Holmes celebrates St Patrick's Day in Northern Ireland, where he visits the only permanent exhibition devoted to the patron saint. With music by the Priests. (T) BBC News; Regional News; Weather. (T)

5.35 Nature's Great Events. The migration of elephants across Botswana's Kalahari Desert during the annual flooding of the Okavango Delta, which sets the scene for clashes between animals in search of water. (R) (T)

7.00 Antiques Roadshow. In the Pavilion at Ascot Racecourse, a small coin dug up by a young visitor yields a surprise valuation, and a model of a champion racehorse brings the house down. The first document copying machine, dating back more than 200 years, is also brought in for inspection by the experts. Fiona Bruce presents. (R) (T)

8.00 Lark Rise to Candleford. James Dowland is confined to his hospital bed when his son Sidney arrives in Candleford. The local residents make every effort to welcome the youngster, but before long his father is released and makes no bones about expressing his opinions on how the boy should be treated. Meanwhile, anxieties run high as Thomas Brown and Miss Ellison's wedding draws closer. Last in the series. (T)

9.00 The No.1 Ladies' Detective Agency. New drama series based on Alexander McCall Smith's best-selling novels about Botswana's first female private detective, following on from the one-off drama shown last March. Business is slow for Precious (Jill Scott), with only a missing dog and a disturbed dentist to keep her busy. However, things soon turn interesting with the case of a missing husband. His wife believes he has run off with another woman - but the church pastor tells an altogether more amazing story. (T)

10.00 BBC News; Weather. (T)

10.15 Damages. Patty continues to go after UNR, despite Daniel's lack of co-operation, and takes her files on the company to the Federal Energy Regulatory Commission. Meanwhile, Ellen looks to keep the government's case against her boss from being derailed. Glenn Close and Rose Byrne star. (T)

10.55 FILM: Target (1985). Espionage thriller, starring Gene Hackman; (T) Weatherview. (T)

12.55 Sign Zone: Nature's Great Events. (R) (T) 1.55 Sign Zone: HOLBY City. (R) (T) 2.55 Sign Zone: Million Dollar Traders. (R) (T) 3.55 BBC News. (T)

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.



## BBC2

6.00 CBeebies: 6.00 Tikkabilla; (R) (T) Doodle Do Making Moments. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 Rocket Boy and Toro. (R) (T) 7.35 Three Delivery. (T) 8.00 The Revenge Files of Alistair Fury; (R) (T) Diddy Dick & Dom. (R) (T) 8.30 Only in America. (R) (T) 9.00 The Sorcerer's Apprentice. (T) 10.00 Something for the Week-end. (T) 11.30 Film 2009 with Jonathan Ross. (R) (T) 12.00 Animal Park. (R) (T) 1.00 Escape to the Country. (R) (T) 2.00 FILM: Nicholas and Alexandra (1971). Epic historical drama, starring Michael Jayston. (T) 5.00 Orangutan Diary. (R) (T) 6.00 Jimmy Doherty in Darwin's Garden. (R) (T) 7.00 Top Gear. The Dragons' Den's Peter Jones and Theo Paphitis are the Stars in a Reasonably Priced Car, and the Nissan GT-R is put through its paces on the legendary Fuji circuit in Japan. (R) (T) 8.00 Yellowstone. New series. Wildlife inhabiting the American national park. (T) 9.00 Monty Halls' Great Escape. The marine biologist searches for basking sharks. (T) 10.00 Match of the Day 2. Including highlights of Aston Villa v Tottenham Hotspur. (T) 11.00 High Altitude. (T) 11.30 Graham Norton Uncut. (T) 12.15 Heroes. Nathan is investigated by Homeland Security. (R) (T) 1.00 FILM: It's Alive! (1974). Horror, with John P. Ryan. (T) 2.25 BBC News. (T) 3.55 The Super League Show. (T) 4.55 Close.

## Pick of the Day

## Peter Kay: Raider of the Pop Charts (C4, 9pm)

Despite the fact that he seemed to release the same stand-up show on DVD twice, followed by a greatest hits compilation that included his John Smith Bitter ads, Peter Kay remains incredibly popular. Sure, some fans are wondering when he's going to do something else with the incredible brilliance of Phoenix Nights, or put together a new comedy routine, but there's no doubt that the Bolton comic is one of the nation's favourites. It would just be nice to see him as a contestant on *QI* some day or, heaven forbid, giving his adoring supporters something for free. Kay has proven just as successful in the arena of music as he has in comedy, and this peculiar but interesting little documentary examines his successes in the Top 40. It tells the story behind the funnyman's charity video (*Is This the Way to Amarillo*), revealing how a simple sketch became the best-selling single of 2005. It includes contributions by the comedian himself, Michael Parkinson, Gary Barlow, Matt Lucas and Richard Curtis. Doubtless in a year or so Channel Four will examine his Christmas smash as new alter-ego Geraldine McQueen. The channel does seem keen to get its money's worth from the comic.

## C4

5.55 The Hoobs. (R) (T) 6.20 The Hoobs. (R) (T) 6.45 Planet Cook. (R) (T) 7.05 Transworld Sport. (T) 8.00 4Sport: Destination 2012. (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Album Chart Show: Lily Allen Special. (R) (T) 9.55 T4: Hollyoaks. (T) 12.25 T4: Shipwrecked 2009: Battle of the Islands. (T) 1.35 T4: Friends. (R) (T) 2.05 T4: The Big Bang Theory. (R) (T) 2.40 T4: Smallville. (T) 3.40 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.45 Deal or No Deal. (T) 5.30 Time Team. Exploring the history of Chapel Hill, Cambridgeshire. (T) 6.30 Channel 4 News. (T) 7.00 Heston's Medieval Feast. Celebrities are invited to a medieval-themed dinner. (R) (T) 8.00 Come Dine with Me. Four females throw dinner parties in Southampton. (T) 9.00 Peter Kay: Raider of the Pop Charts. The story behind Peter Kay's charity video (*Is This the Way to Amarillo*). (T) 10.00 FILM: The Departed (2006). Premiere. Boston's police plant a mole in a mobster's organisation, unaware he has done the same to them. Oscar-winning thriller, with Leonardo DiCaprio, Matt Damon and Jack Nicholson. (T) 12.50 4Music: Album Chart Show: Kelly Clarkson Special. (R) (T) 1.25 Mesh: Lila Fantastica. (R) (T) 1.30 FILM: Hud (1963). Western, starring Paul Newman. (T) (bw) 3.35 Home Road Movies. (R) (T) 3.50 Hill Street Blues. (R) 4.40 Time Team Digs. (R) (T) 5.40 Grabbit the Rabbit. (T) (T)

## FIVE

6.00 Milkshake! Thomas & Friends. (R) (T) 6.10 Little Princess. (R) (T) 6.20 Peppa Pig. (R) (T) 6.30 Pocoyo. (R) (T) The Milky and Shake Show. (R) (T) 6.40 Angels of Jarm. (R) (T) 6.50 Hana's Helpline. (R) (T) 7.00 Miao Mao. (R) (T) 7.05 Ebb and Flo. (R) (T) 7.15 Franklin. (R) (T) 7.40 Funky Valley. (R) (T) 7.45 Franny's Feet. (R) (T) 8.00 Olivia. (T) 8.10 Sailor Sid. (R) (T) 8.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.30 Animal Families. (R) (T) 8.45 Bert and Ernie's Great Adventures. (R) (T) 8.50 Little Lodgers. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Roary the Racing Car. (R) (T) 9.15 Rupert Bear. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Everybody Hates Chris. (R) (T) 10.30 Everybody Hates Chris. (R) (T) 11.00 Numb3rs. (R) (T) 12.00 Cowboy Builders. (R) (T) 1.00 Animal Rescue Squad. (R) (T) 1.30 Zoo Days Shorts. (R) (T) 1.45 FILM: Dalva (1996). Drama, starring Farrah Fawcett. (T) 3.30 FILM: Columbo: Agenda for Murder (1990). Crime drama, starring Peter Falk. (T) 5.30 Five News and Sport. (T) 5.35 FILM: Superman (1978). Comic-strip adventure, starring Christopher Reeve. (T) 8.15 FILM: Talladega Nights: The Ballad of Ricky Bobby (2006). Premiere. A Nascar racing champion loses everything when a French rival seizes his title and his best friend runs off with his wife. Comedy, starring Will Ferrell and John C. Reilly. (T) 12.55 FILM: Say It Isn't So (2001). A man thinks he has met the woman of his dreams - but their relationship ends when he suspects they may be brother and sister. Comedy, starring Chris Klein and Heather Graham. (T) 12.10 America's Toughest Prisons. (R) (T) 1.10 Winter X Games. 2.00 Boxing Classic. 2.50 Boxing USA. 4.00 UEFA Cup Football Classic. (R) 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Captain Mack. (T) 9.40 Horrid Henry. (T) 9.55 The Championship. (T) 10.55 Coronation Street. (R) (T) 1.10 ITV News and Weather; Weather. (T) 1.15 The Colour of Money. (R) (T) 2.15 FILM: Aces High (1976). World War One drama, starring Malcolm McDowell. (T) 4.10 FILM: A View to a Kill (1985). James Bond adventure, starring Roger Moore. (T)

6.30 Creature Comforts. Animals discuss the royal family. (R) (T)

6.40 London Tonight; Weather. (T)

6.55 ITV News and Weather. (T)

7.15 Dancing on Ice. Phillip Schofield and Holly Willoughby present the semi-final of the contest, kicking off with Torville and Dean dancing to a live performance by Girls Aloud. Then the four remaining celebrities and their partners take to the ice, knowing that a slip-up at this stage could mean the difference between hanging up their skates and an appearance in next week's final, where one of them will be taking the crown from last year's victor Suzanne Shaw. The results can be seen at 9.15pm. (T)

8.15 Wild at Heart. Danny and Alice try to keep their new romance a secret, but have more pressing concerns when she is attacked by a lioness - one of several animals on the loose after the storm. Relations between Leopard's Den and Mara reach breaking point when Vanessa refuses to supply drugs to help drying elephant calf Tula, while Du Plessis is delighted when Caroline arrives at the party. Last in the series. (T)

9.15 Dancing on Ice: The Skate Off. The two couples who have gained the least support skate again to stay in the competition - and crucially, next week's final. (T)

10.00 Piers Morgan's Life Stories. Sheila Hancock talks to the host about her eventful life on and off stage, her marriage to Inspector Morse star John Thaw and how she overcame breast cancer. The 76-year-old performer also discusses how she helped open the door for a generation of female actors. Ulrika Jonsson and Richard Madeley are still to feature in Piers Morgan's six-part chat show. (T)

11.00 ITV News and Weather; Weather. (T)

11.15 Traffic. New three-part series based on Steven Soderbergh's Oscar-winning movie set in the murky world of trafficking, where illicit organisations trade drugs, weapons and human beings. The lives of a drug enforcement officer, a businessman and an illegal immigrant collide in unexpected ways. Starring Cliff Curtis, Balhazar Getty and Elias Koteas. (T)

1.15 Premiership Rugby Union; ITV News Headlines. 2.05 The Cosby Mysteries. (R) (T) 2.55 Brand v Budget: Tonight. (R) (T) 3.20 ITV Nightscreen.

## LOCAL

**RTP1**  
0630 Children TV 0715 Brinca Comigo 0800 Bom Dia Portugal 1200 T2 para 3 "Remodelado" 1230 Contra Informação 1300 News 1415 Só Visto! 1515 Terminator: The Sarah Connor Chronicles, series 1645 Superco, film 1845 Telerural 1915 Vila Faia 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2125 Contos-me como foi 2230 Luís de Matos: Mistérios 2330 Sports 0130 Mundial 2010: Magazine 0200 The Exorcist, film 0345 Cyprus Rally 0445 Teleasles 0515 Euronews 0605 Nôs

**RTP2**  
0700 Euronews 0730 África@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nôs 1100 Da Terra ao Mar 1130 Consigo 1200 Vida por Vida 1230 Olhar o Mundo 1300 2009 Grammy Awards 1445 Voz do Cidadão 1500 Sports 1900 National Geographic 1930 Alma e a Gente 2000 The Simpsons 2100 Documentary 2200 News 2230 Câmara Clara 2350 Britcom 0050 Onda Curta 0150 Sports 0550 Euronews

**SIC**  
0645 Sic Kids 0845 Disney Kids 1015 Power Rangers 1045 Tween Box 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Disney Film 1630 Film 1615 Film 2000 News 2100 Grande Reportagem SIC 2145 Atreve-te a Caminhar 2315 Caminho das Índias 0015 Toma Lá Dá Cá 0100 Film 0245 Todos em Linha

**TVI**  
0700 Children's TV 0930 O Bando dos Quatro 1030 Hannah Montana 1115 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2100 Reporter TVI 2145 Equador 2300 Feticço do Amor 0000 Casos da Vida 0200 Sempre A Somar 0330 The Office, series 0400 The Unit, series 0500 Teleasles 0630 Todos Iguais

## Best of the Rest

**BBC3**  
7.00 Freaky Eaters 8.00 Deborah 13: Servant of God 9.00 Little Britain 9.30 Home & Garden 10.00 Two Pints of Lager and a Packet of Crisps 10.30 Family Guy 10.55 Family Guy 11.15 Comic Relief's Naughty Bits 12.15 Home & Garden 12.45 Two Pints of Lager and a Packet of Crisps 1.15 Natalie Cassidy's Real Britain 2.15 Comic Relief's Naughty Bits 3.10 Freaky Eaters 4.10 Deborah 13: Servant of God 5.10 Close

**BBC4**  
7.00 Baroque! From St Peter's to St Paul's 8.00 Sissinghurst 8.30 Sissinghurst 9.00 I, Samurai 10.00 Malaria 11.25 In the Shadow of Fuji-san 12.10 Sissinghurst 12.40 Sissinghurst 1.10 Baroque! From St Peter's to St Paul's 2.10 Malaria 3.35 Close

**ITV2**  
1.00 Film: Nanny McPhee U (2005) 3.00 Ant & Dec's Saturday Night Takeaway 4.15 The Planet's Funniest Animals 4.35 Coronation Street 7.00 Film: My Date with Drew PG (2004) 9.00 Supernatural 10.00 FM 10.30 Celebrity Juice 11.00 Film: Basic Instinct 18 (1991) 1.25 Entourage 1.55 Dancing on Ice 2.55 Dancing on Ice: The Skate Off 3.30 Teleshopping

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## Sky1

1.00 Oops TV 1.30 Oops TV 2.00 UK Border Force 3.00 Bones 4.00 Futurama 4.30 Futurama 5.00 Futurama 5.30 The Simpsons 6.00 Gladiators 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: There's Something About Mary 15 (1998) 11.15 Night Cops 12.15 Road Wars 1.15 Road Wars 2.10 Street Wars 3.00 The Villa 3.55 Australia Uncovered 4.50 Bite Size Brainiacs 5.10 Guilty!

## G.O.L.D

1.00 Last of the Summer Wine 1.40 Open All Hours 2.20 Last of the Summer Wine 3.00 Keeping Up Appearances 3.40 Last of the Summer Wine 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 Open All Hours 6.20 Last of the Summer Wine 7.00 Keeping Up Appearances 7.40 Last of the Summer Wine 8.20 Open All Hours 9.00 Open All Hours 9.40 Seven of One 10.20 Porridge 11.00 Last of the Summer Wine 11.40 Open All Hours 12.20 Seven of One 1.30 Porridge 1.40 Charlie's Angels 2.30 What a Carry On! 3.00 Close

## TCM

1.00 Dark Victory PG (1939) 3.00 The Five Pennies U (1959) 5.15 Viva Las Vegas U (1964) 6.50 Murder Ahoy U (1964) 8.30 Under the Influence 9.00 Swing Shift PG (1984) 10.55 Badlands 18 (1973) 12.40 Swing Shift PG (1984) 2.25 Pick a Star U (1937) 3.35 The Girl from Missouri PG (1934) 5.00 Adam's Rib U (1949)

## The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: Get a Clue U (2002) Children's adventure, starring Lindsay Lohan.

## MOVIES

## Sky Movies Drama

6.00 A Mother's Testimony 15 (2000) 7.45 The Skulls 15 (2000) 9.45 Watchmen Special 10.15 The Mermaid Chair 12 (2006) 11.55 The Top 10 Show 12.15 The Tango Lesson PG (1997) With Sally Potter. 2.00 On Broadway 12 (2007) With Joey McIntyre. 3.45 McCabe and Mrs Miller 18 (1971) With Warren Beatty. 6.00 Forces of Nature 12 (1999) With Sandra Bullock. 8.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 10.00 The Illusionist PG (2006) With Edward Norton. 12.00 The Cook, the Thief, His Wife and Her Lover 18 (1989) With Helen Mirren. 2.10 Wild at Heart 18 (1990) With Nicolas Cage. 4.20 The End of Eden PG (1996)

## Sky Movies Comedy

6.50 The Most Fertile Man in Ireland 15 (1999) 8.30 Music and Lyrics PG (2007) 10.20 Carry On Columbus PG (1992) 11.55 35MM 12.25 As Good as It Gets 15 (1997) With Jack Nicholson. 2.50 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 4.25 Music and

Lyrics PG (2007) With Hugh Grant. 6.25 Carry On Columbus PG (1992) With Jim Dale. 8.00 Good Luck Chuck 15 (2007) With Dane Cook. 9.45 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 11.15 As Good as It Gets 15 (1997) With Jack Nicholson. 1.40 Good Luck Chuck 15 (2007) With Dane Cook. 3.25 So I Married an Axe Murderer 15 (1993) 5.05 The Muse PG (1999)

## Sky Movies Action/Thriller

6.30 The Temp 15 (1993) 8.10 Robin Hood PG (1990) 10.00 Legionnaire 15 (1998) 11.45 Breach 12 (2007) With Chris Cooper. 1.40 Hitman 15 (2007) With Timothy Olyphant. 3.20 Flight of the Intruder 12 (1990) With Danny Glover. 5.50 Legionnaire 15 (1998) With Jean-Claude Van Damme. 7.05 Breach 12 (2007) With Chris Cooper. 9.00 Hitman 15 (2007) With Timothy Olyphant. 10.40 Road House 18 (1989) With Patrick Swayze. 12.40 Night Hawks 18 (1981) With Sylvester Stallone. 2.35 Hard Candy 18 (2008) With Patrick Wilson. 4.25 Robin Hood PG (1990)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcasting stereo;

(bw) - black and white.

## SPORT

## Sky Sports 1

6.00 Aerobics Oz Style 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Football League. Bristol City v Cardiff City (Kick-off 1.15pm). 3.30 Live Super Sunday. Aston Villa v Tottenham Hotspur (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live World Golf Championship. 11.00 World Sport 11.30 International Cricket 2.00 FIFA Futbol Mundial 2.30 Football Special 4.00 Super Sunday: The Last Word 4.30 Max Power 5.30 FIFA Futbol Mundial

## Sky Sports 2

6.00 FIFA Futbol Mundial 6.30 Super League 8.30 World Golf Championship 12.30 Live Premiership Rugby Union. Saracens v Bath (Kick-off 1.00pm). 3.00 World Sport 3.30 Wild Spirits 4.00 WWE: Experience 5.00 World Sport 5.30 Live International Cricket. West Indies v England. 9.30 Premiership Rugby Union 11.00 WWE: Late Night - Afterburn 12.00 WWE Vintage Collection 1.00 World Golf Championship 5.00 Close

## Sky Sports 3

6.00 Watersports World 7.00 Wild Spirits 7.30 Spanish Football 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Racing News 11.30 Wild Spirits 12.00 Watersports World 1.00 World Sport 1.30 World Golf Championship 5.30 Wild Spirits 6.00 Live Spanish Football. Atletico Madrid v Villarreal (Kick-off 6.00pm). 8.00 Live Spanish

Football. Almeria v Barcelona (Kick-off 8.00pm). 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Spanish Football 2.00 Close

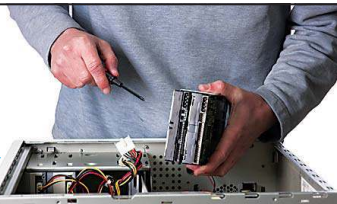
## British Eurosport

7.30 World Superbikes 9.00 Live Nordic Combined Skiing. The HS117 ski jump at the World Cup event in Vikersund, Norway. 9.45 Biathlon 10.45 Live Nordic Combined Skiing. The World Cup season reaches a conclusion in Vikersund, Norway. 11.30 Live Alpine Skiing. The mixed team event from Are in Sweden. 12.00 Ski Jumping 12.45 Live Ski Jumping. The World Cup individual HS207 jump from Vikersund in Norway. 2.30 Planet Armstrong 2.35 Cycling 3.30 Cycling 4.00 WTA Tennis 5.00 Live Biathlon. The men's World Cup relay from Vancouver in Canada. 6.30 Wintersports Weekend 7.00 Cycling 7.30 Live Speed Skating. The final day of the World Single Distances Championships in Canada. 10.30 World Rally Championship 11.00 Live Speed Skating. The final day of the World Single Distances Championships in Canada. 12.30 Close

## Sky Sports Xtra

6.00 World Sport 6.30 The Super 14 Show 8.30 World Sport 9.00 Max Power 10.00 The Super 14 Show 12.00 Super League 2.00 Max Power 3.00 Watersports World 4.00 Masters Tennis 6.00 Live Masters Tennis. Day four of the BNP Paribas Open. 12.00 Premiership Rugby Union 1.30 Wild Spirits 2.00 Close

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## BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Axe the Agent? (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Missing. (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Kerwhizz. (T) 3.25 CBBC: Mona the Vampire. (R) (T) 3.40 Pinky and Perky. (R) (T) 3.50 The Story of Tracy Beaker. (R) (T) 4.05 One Minute Wonders. (T) 4.35 Half Moon Investigations. (T) 5.05 Newround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public try to outdo each other to win a cash prize. (R) (T) BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T) 7.30 Watchdog. Investigation show, fighting for consumers' rights. Nicky Campbell, Paul Heiney and Anita Rani present; (T) BBC News; Regional News. (T) 8.00 EastEnders. The pressure of Peggy's election campaign takes its toll when she collapses after making a speech. Heather tries to kiss Minty at a party, while Danielle takes revenge on Ronnie. (T)

8.30 Panorama. Reporter Samantha Poling goes undercover to find out how drug dealers and money launderers are making a mockery of high-profile laws introduced in a bid to claw back their profits. (T)

9.00 Rogue Traders. Matt Allwright witnesses some reckless moments with a chainsaw as he investigates tree surgeons in Wales who show little regard for health and safety. He also uncovers a ploy used by a TV aerial fitter to trick customers into buying new equipment that he does not need, and catches a salesman trying to get homeowners in Bradford and Manchester into paying thousands of pounds for a roof-sealing product. (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 The Undercover Princes. The royal bachelors learn how to use chat-up lines, and there is a surprise when gay Crown Prince Manvendra has a dalliance with heterosexuality. However, an escapee with a man and some yoghurt results in his housemates urging him to renounce his title. After resolving their differences, they throw a house party for singles - and Prince Alisha Zulu draws up rules of conduct to prevent any lewd behaviour. (T)

11.35 FILM: Trapped: Buried Alive (2002). Drama, starring Jack Wagner; (T) Weatherview. (T) 1.10 Sign Zone: The Victarians. (R) (T) 2.10 Sign Zone: Victorian Farm. (R) (T) 3.10 Sign Zone: Darwin's Dangerous Idea. (R) (T) 4.10 Sign Zone: MasterChef. (R) (T) 4.40 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newround; (T) Bernard. (R) (T) 7.30 Roar. (T) 8.30 CBeebies: Pinky Dinky Doo. (T) 8.45 Jackanory Junior. (R) (T) 9.00 Big & Small. (R) (T) 9.15 Finley the Fire Engine. (R) (T) 9.30 Louie. (T) 9.45 Bob the Builder: Project Build It; (R) (T) Pingu. (R) (T) 10.00 Big Barn Farm. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Words and Pictures. (T) 11.10 Telling Tales. (T) 11.15 Telling Tales. (T) 11.20 BBC Primary History. (T) 11.40 BBC Primary History. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Britain's Dream Homes. (R) (T) 2.00 Animal Park. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 A Question of Geni. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (R) (T) 6.30 Priceless Antiques Roadshow. (T) 7.00 Yellowstone. Wildlife inhabiting the American national park. (R) (T) 8.00 Railway Walks. Julia Bradbury visits Snowdonia. (T) 8.30 Grow Your Own Drugs. James Wong makes natural remedies using trees. (T) 9.00 Heroes. Matt interrogates Noah while holding him hostage. (T) 9.45 That Mitchell and Webb Glimpse. Highlights from the sketch show. (T) 10.00 Stewart Lee's Comedy Vehicle. New series in which Stewart Lee explores different themes in a stand-up routine. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Storyville: Hammer and Tickle. (T) 12.50 Travellers' Century. (T) 1.50 BBC News. (T) 4.00 BBC Learning Zone. (T)

## Pick of the Day

## Law &amp; Order: UK (ITV1 Granada, 9pm)

There wasn't much Freema Agyeman could do to research her most famous role. After all, it's hard to get experience as a time-travelling heroine. In Law and Order: UK, she's taken the opportunity to acquaint herself with the legal system. But there's much more to her character than simply being a lawyer. She says: 'Alesha's back story reads Leaves school with 3 As at A Level and goes straight to City Law School to do a three year BA Honours and during this time Alesha tries to get placements at different law firms and gets rejected four times'. So she starts to wonder if it's not because she isn't good enough but whether it is because she is a black woman from Hackney. She hasn't got a chip on her shoulder but she is very much on the side of the disadvantaged, the underdog, with the people that haven't been given a fair shot at life. Naturally, this has made her a bit more sensitive to people and gives a fairness to her.' In tonight's instalment, a metal-detecting pensioner unearths a shallow grave by the side of the Thames, and DS Ronnie Brooks (Bradley Walsh) and DS Matt Devlin (Jamie Bamber) are forced to reopen a contentious murder case. Their investigations into the case of Luke Slade (Iain Glen) threaten to unravel a conviction made by James Steel eight years ago.

## C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show. (R) (T) 9.55 KNTV Sex; (R) (T) Self Portrait UK. (R) (T) 10.30 Take Away My Takeaway. (R) (T) 3 Minute Wonder. (R) (T) 11.00 Gay to Z; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Don't Make Me Angry; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.35 FILM: Crooks in Cloisters (1964). Comedy, starring Ronald Fraser. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Home from Home. New series. Photographs of children from around the world who now live in the UK. (T) 8.00 Dispatches: Pakistan's Taliban Generation. (T) 9.00 Watch Out! Bailiffs About. The work of debt collectors and repo men in recession-hit Britain. (T) 10.00 FILM: Gangs of New York (2002). An Irishman in 19th-century New York plots revenge on the gangster who killed his father. Martin Scorsese's epic historical drama, starring Leonardo DiCaprio and Daniel Day-Lewis. (T) 1.10 Music: 4Play: Filthy Dukes. (T) 1.25 FILM: Dangerous Beauty (1998). Fact-based historical drama, starring Catherine McCormack. (T) 3.25 Truel. (R) (T) 3.40 In the Time of Angels. (R) (T) 3.55 Mesh: King Pylon. (R) 4.00 Channel 4 Education. (T)

## FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Olivia. (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.40 Little Lodgers. (R) (T) 7.45 Make Way for Noddy. (R) (T) 7.55 Milkshake Show Songs. (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.10 Sailor Sid. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pocoyo. (R) (T) 8.45 Mico Mao. (R) (T) 8.50 Play! (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 I Own Britain's Best Home. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.00 FILM: Rescuers: Stories of Courage - Two Women (1997). Fact-based drama, starring Elizabeth Perkins. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (T) 7.00 Five News at 7. (T) 7.30 How Do They Do It? The team learns how the Channel Tunnel is maintained; (R) (T) 7.30 Five News Update. (T) 8.00 The Gadget Show. Comparing the sound quality of vinyl, MP3 and CD; (T) 8.00 Five News at 9. 9.00 Extreme Fishing with Robson Green. The actor fishes for hapuku in New Zealand. (T) 10.00 America's Toughest Prisons. Life inside Multnomah County Jail in Portland, Oregon. Last in the series. (T) 11.00 FILM: Buying the Cow (2002). Comedy, starring Jerry O'Connell. (T) 12.45 US PGA Golf. 1.35 Anna Supergrass. (R) 2.25 Arenacross. 3.15 Race and Rally UK. 3.40 Motorsport Mundial. 4.20 Kickboxing: Now Is the Time - Night of Combat. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

5.00 Taste the Nation. New cookery series, pitting counties against one another. (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. The Wyldes ban Will from going to the sleepover, following a confrontation with Lisa. Aaron arranges to meet Victoria, confident their relationship will become more physical. (T)

7.30 Coronation Street. Becky remembers almost nothing of her wedding day, but realises something is wrong when she discovers her ring is missing. Maria seeks Tony's advice about the future of Lad Rags, Gail is devastated to find Joe clearing his things from No 8, and Norris struggles to muster enthusiasm for his trip with Mary. (T)

8.00 Pets Undercover: Tonight. 8.30 Coronation Street. Michelle delights in Becky's unhappiness at learning the truth about her wedding day. Luke and Tony's disagreements over business matters continue, and Gail makes Joe an offer. (T)

9.00 Law & Order: UK. The discovery of a body in a shallow grave by the Thames prompts Brooks and Devlin to reopen an eight-year-old murder case, casting doubt on a conviction made by Steel at the time. When the imprisoned man, Luke Slade, is given leave to appeal, he represents himself in court - but what starts as a legal battle soon develops into a personal vendetta. Crime drama, guest starring Iain Glen. (T)

10.00 News at Ten and Weather. (T) 10.30 London News and Weather. (T)

10.35 Al Murray's Multiple Personality Disorder. Duncan's Den regular Carl Price returns to pitch yet another of her multimillion-pound business ideas to Mr Bannatyne (playing himself), Gary Parsley has written his own rock opera and wants to unleash it onto the world, and Hitler's most trusted - but ever so slightly camp - aide Horst Schwulz is sent undercover. (R) (T) 11.05 Harry Hill's TV Burp. The comedian takes a surreal look at the week's small-screen highlights, subjecting the latest soap sagas, reality shows, documentaries and other assorted oddities to his unique brand of scrutiny through his collection of TV clips. (R) (T)

11.35 FILM: Cadillac Man (1990). Comedy drama, starring Robin Williams. (T)

1.15 Wanted. (T) 2.05 Champions League Weekly; (T) ITV News Headlines. 2.35 Loose Women. (R) 3.25 The Jeremy Kyle Show. (R) (T) 4.20 ITV Nightscreen.

## LOCAL

RTP1 0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1515 Paixões Proibidas 1610 Portugal no Coração 1800 Portugal em Direção 1905 Preço Certo 2000 News 2100 Notícias Solitas 2115 Cuidado com a Língua 2315 Jogo Duplo 2230 Prós e Contras 0100 Vanished, series 0230 Prova de Amor 0415 Telesales 0515 Euronews 0605 Nôs

RTP2 0720 Zig Zag 1400 Sociedade Civil 1530 Bravo 1600 Nacional Geographic 1655 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 Close to Home, series 2330 Bastidores 0030 Noites da Dois: My Name is Earl, series 0130 Universidades 0200 Diga Lá Excelência 0245 Eurodeputados 0315 Euronews 0415 Knights of Prosperity, series 0445 Sociedade Civil 0615 Bravo SIC

0600 Sic Notícias 0800 Sete Vidas 0900 Ligo, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1515 Contacto 1715 Rebelde Way 2000 Três Irmãs 1900 Nós por Cá 2000 News 2100 Mário Crespo Entrevista 2130 Tá a Gravar 2245 Caminho das Índias 0040 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI Las Vegas, series 0230 Todos em Linha 0430 Ciranda de Pedra

TVI 0700 Diário da Manhã 1015 Voce na TVI 1300 News 1400 As Tarde da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Flor do Mar 2215 Fetiche de Amor 2315 Olhos nos Olhos 0015 Dr. House, series 0115 The Black Donnellies, series 0230 Sempre a Somar 0415 TVI Negócios 0430 The Unit, series 0530 Telesales

## Best of the Rest

## BBC3

7.00 Doctor Who 7.50 Doctor Who Confidential 8.00 The Real Hustle: High Stakes 8.30 Snog, Marry, Avoid? 9.00 Gavin & Stacey 9.30 Gavin & Stacey 10.00 EastEnders 10.30 Heroes 11.15 Family Guy 11.40 Family Guy 12.00 Gavin & Stacey 12.30 Gavin & Stacey 1.00 Snog, Marry, Avoid? 1.30 The Real Hustle: High Stakes 2.00 The Real Hustle: High Stakes 2.30 Deborah 13: Servant of God 3.30 Doctor Who Confidential 3.40 Freaky Eaters 4.40 The Real Hustle: High Stakes 5.10 Close

## BBC4

7.00 World News Today 7.00 Weather 7.30 Alma Cogan - Fabulous 8.30 The Book Quiz 9.00 In Search of Wabi Sabi with Marcel Theroux 10.30 Film: Ping Pong 12 (2002) 12.25 In Search of Wabi Sabi with Marcel Theroux 1.55 Proms for Four 2008 4.10 Close

ITV2 1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.40 The Jeremy Kyle Show 3.50 The Saturdays: The Hot Desk 4.00 Loose Women 5.00 Ricki Lake 5.50 Sally Jessy Raphael 6.35 Judge Judy 7.00 Primeval 8.00 Gossip Girl 9.00 Film: Bridget Jones: The Edge of Reason 15 (2004) 11.10 Coronation Street 11.40 Coronation Street 12.10 Film:

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THE PORTUGAL News

Intolerable Cruelty 12 (2003) 2.15 Teleshopping 5.15 ITV2 Nightscreen

1.00 Tim Gunn's Guide to Style 2.00 Bones 3.00 Cold Case 4.00 Are You Smarter Than a 10 Year Old? 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 24 10.00 Night Cops 10.50 Road Wars 12.00 Road Wars 1.00 Road Wars 1.50 Stargate SG-1 2.40 Stargate SG-1 3.30 Battlestar Galactica 4.20 Cruise with Stellos: Caribbean 4.45 Cruise with Stellos: Caribbean 5.10 Guilty!

G.O.L.D 1.00 Last of the Summer Wine 1.40 Whatever Happened to the Likely Lads? 2.20 My Family 3.00 The Brittas Empire 3.45 Butterflies 4.20 Last of the Summer Wine 5.00 As Time Goes By 5.40 Open All Hours 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Whatever Happened to the Likely Lads? 8.20 My Family 9.00 Only Fools and Horses 9.40 The Vicar of Dibley 10.35 Steptoe and Son 11.15 The New Statesman 11.50 Some Mothers Do 'Ave 'Em 12.30 The Vicar of Dibley 1.25 Steptoe and Son 2.00 Charlie's Angels 3.00 Close

TCM 1.00 Great Catherine U (1968) 3.00 Downhill Racer PG (1969) 5.00 Ride the High Country PG (1962) 6.40 The Champ PG (1979) 9.00 Being Human 15 (1994) 11.15 O Lucky Man! 15 (1973) 2.15 The Screening Room 2.40 Sweet Bird of Youth 15 (1962) 4.40 Classic Shorts 2008 5.00 The Password is Courage U (1962)

The Disney Channel Kids' programmes from 7am, except:

## Sky Movies Drama

6.00 Broken Bridges PG (2006) 7.45 The Trench 15 (1999) 9.30 To Be Fat Like Me PG (2007) 11.00 Ride with the Devil 15 (1999) With Jude Maguire. 1.30 Pride and Prejudice PG (2003) With Kam Heskin. 3.30 Ruby 15 (1992) With Danny Aiello. 5.30 The Hurricane 15 (1999) With Denzel Washington. 8.00 Charlie Wilson's War 15 (2007) With Tom Hanks. 10.00 We Own the Night 15 (2007) With Joaquin Phoenix. 12.00 Bobby 15 (2006) With Laurence Fishburne. 2.00 Killer: A Journal of Murder 18 (1995) With James Woods. 3.45 Surveillance Special 4.15 Sam Churchill: Search for a Homeless Man PG (1998)

## Sky Movies Comedy

6.45 Swing 15 (1999) 8.25 My Fair Eddie PG (2008) 9.55 35MM 10.25 Splitting Heirs 15 (1993) 11.55 Mannequin PG (1987) With Andrew McCarthy. 1.30 The Simpsons Movie PG (2007) With Dan Castellaneta. 3.00 School f o r Scoundrels 12 (2006) With Billy Bob Thornton. 4.45 Raising Arizona 12 (1987) With Nicolas Cage. 6.25 Mannequin PG (1987) With Andrew McCarthy. 8.00 The Simpsons Movie PG (2007) With

Dan Castellaneta. 9.30 School for Scoundrels 12 (2006) With Billy Bob Thornton. 11.15 Raising Arizona 12 (1987) With Nicolas Cage. 12.55 Slap Shot 18 (1977) With Paul Newman. 3.00 Swing 15 (1999) With Hugo Speer. 4.45 My Fair Eddie PG (2008)

## Sky Movies Action/Thriller

6.15 Flags of Our Fathers 15 (2006) 8.30 Plunkett & Macleane 15 (1999) 10.25 Next 12 (2007) 12.15 Final Approach 1.55 Final Approach 3.30 Plunkett & Macleane 15 (1999) With Robert Carlyle. 5.20 Full Metal Jacket 18 (1987) With Matthew Modine. 7.20 Next 12 (2007) With Nicolas Cage. 9.00 The Matrix 15 (1999) With Keanu Reeves. 11.20 Face 18 (1997) With Robert Carlyle. 1.10 Mr Brooks 18 (2007) With Kevin Costner. 3.15 In Dreams 18 (1999) 5.00 A Decent Proposal PG (2006)



## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 International Cricket 11.30 Spanish Football 1.30 Football Special 3.00 Super Sunday: The Last World 3.30 International Cricket 6.00 Big League Weekend 2.30 Live Irish Football. Linfield v Glentoran (Kick-off 7.45pm). 10.00 Time of Our Lives 11.00 Live Women's Cricket World Cup. A Super Sixes match in Drummoyle, Australia.

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 World Golf Championship 11.00 Premiership Rugby Union 12.30 The Super 14 Show 2.30 Premiership Rugby Union 4.00 Masters Tennis 6.00 Live Masters Tennis. The BNP Paribas Open. 12.00 Big League Weekend 2.30 Irish Football 2.30 Time of Our Lives 3.30 Soccer AM: The Best Bits 4.30 Close

## Sky Sports 3

9.00 Football Special 10.30 Super Sunday: The Last World 11.00 Racing News 11.30 Aerobics Oz Style 12.00 World Golf Championship 4.00 Live Golf. The opening day of the Tavistock Cup. 9.30 H20 Sports International 9.30 Wild Spirits 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 Live WWE: Late Night - Raw. Wrestling action from the States. 3.15 Close

## British Eurosport

7.30 euroCRASH! 7.45 World Rally Championship 8.15 World Superbikes 9.15 Seoul Marathon 10.00 Ski Jumping 11.00 WTA Tennis 1.15 Cycling 2.15 Live Cycling. The sixth stage of the Tirreno-Adriatico. 3.15 Ski Jumping 4.00 Biathlon 5.00 Eurogals 5.45 Eurogals: One to One 6.00 Live WTA Tennis. The BNP Paribas Open. 7.45 World Superbikes 9.15 Eurogals: One to One 9.30 Fight Club 10.30 WTA Tennis 11.45 Cycling 12.30 Close

## Sky Sports Xtra

4.00 Powder Adventures 4.30 Soccer AM: The Best Bits 5.30 WWE: Raw 7.30 International Cricket 10.00 Poker 12.00 H20 Sports International 12.30 Wild Spirits 1.00 MaxPower 2.00 Powder Adventures 2.30 Wild Spirits 3.00 Poker 5.00 Close



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<sup>(1)</sup> Screen not included. IVA not included

<sup>(2)</sup> Installation costs €40 per hour, but not available in every area.



ANOTHER SERVICE FROM WORLD TELECOM



BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Axe the Agent? (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Missing. (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 Beebies: Mister Maker. (T) 3.25 BBC: ChuckleVision. (R) (T) 3.40 Pinky and Perky. (R) (T) 3.50 The Story of Tracy Beaker. (R) (T) 4.05 Hotel Trubble. (R) (T) 4.35 Blue Peter; (T) MySay. (R) (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the backstabbing general knowledge quiz. (T) BBC News; Weather. (T)

6.00 Regional News Programmes; Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. Archie believes the stress of the election has put Peggy in hospital and pressures her to withdraw from the race. Ronnie realises it was Danielle who painted an insult on her front door; (T) BBC News; Regional News. (T)

8.00 Holby City. Michael pleads with Donna to lie for him as Anneliese pursues the truth about his fidelity. Linden finds evidence of Jack's scheming but struggles to decide what to do, while Chrissie tries to get Daisha out of Mark's life. Ric's zero tolerance programme is challenged by the offer of a charitable donation to the hospital, and Elliot's decision to bring his dog to work again backfires when it knocks Jac over. (T) Melanie Hill and David Roper guest star. (T)

9.00 Mistresses. A self-help guru sheds light on Jessica's marriage, while Trudi breaks up with Richard. Siobhan is distraught after Hari discovers her affair and Katie tries to commit to Dan. (T) BBC News. (T)

10.00 Regional News; Weather. (T)

10.35 Dangerous Love: A Comic Relief Special. Model Danielle Lloyd embarks on a journey to discover the impact abusive relationships are having on UK teenagers. She visits an organisation funded by Comic Relief to hear the story of a 21-year-old woman who is using her own experience of violence to help others. Plus, she goes back to school with children in Hendon, Greater London, to witness a ground-breaking personal development scheme in action. (T)

11.35 Film 2009 with Jonathan Ross. A look at Tony Gilroy's thriller Duplicity, in which Olive Owen and Julia Roberts star as a pair of rival corporate spies working together to pull off a complex con. Plus, Gavin & Stacey's Mathew Horne and James Corden discuss their roles in comic British horror film Lesbian Vampire Killers. (T)

12.05 Damages; (R) (T) Weatherview. (T) 12.50 Sign Zone: See Hear. (R) (T) 1.20 Sign Zone: Who Do You Think You Are? (R) (T) 1.20 Sign Zone: Lark Rise to Candleford. (R) (T) 3.20 Sign Zone: MasterChef. (R) (T) 3.50 Sign Zone: The Genius of Photography. (R) (T) 4.50 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Roar. (T) 8.30 CBeebies: Pinky Dinky Doo. (T) 8.45 Jackanory Junior. (R) (T) 9.00 Big & Small. (R) (T) 9.15 Finley the Fire Engine. (R) (T) 9.30 Louie. (T) 9.45 Bob the Builder: Project Build It; (R) (T) Pingu. (R) 10.00 Big Barn Farm. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: KS2 Science Clips. (T) 11.10 KS2 Science Clips. (T) 11.20 Telling Tales. (T) 11.25 Telling Tales. (T) 11.30 Hands Up! (T) 11.45 Just So Darwin. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Britain's Dream Homes. (R) (T) 2.00 Animal Park. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 A Question of Genius. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (R) (T) 6.30 Priceless Antiques Roadshow. (T) 7.00 Darwin's Dangerous Idea. How the theory of evolution has been adapted for political ends. (R) (T) 8.00 Coast. Neil Oliver reveals why Americans once attacked the port of Whitehaven, Miranda Krestovnikoff searches for sharks and Mark Horton gets a glimpse of nuclear submarines. (R) (T) 9.00 Horizon. How to maximise children's potential for success and happiness. (T) 10.00 Picasso: A Culture Show Special. The life and work of Pablo Picasso. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The World at War. (R) (T) 12.15 High Altitude. (R) (T) 12.45 Travellers' Century. (T) 1.45 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

**Will Young: The South Bank Show (ITV1 Granada, 10.35pm)**  
Winning a TV talent contest isn't a guarantee that you'll go on to notch up a string of number one hits — for every Girls Aloud or Leona Lewis, there's a Michelle McManus and a Steve Brookstein. However, one man who has proved it is possible to use a reality show victory as a launch pad for a hugely successful career is Will Young. He's done so well since winning the first series of Pop Idol back in 2002, that he's even managed to escape the snobbery attached to so many 'manufactured' pop stars. If you want proof of how respected he is, look no further than the fact he's now getting his own edition of The South Bank Show. Cameras follow him as he promotes his latest album Let It Go, rehearses for a sell-out tour and prepares to celebrate his 30th birthday. Of course, these days Young isn't just a crooner — he's also an actor, having appeared in the movie Mrs Henderson Presents. Here, he visits The Royal Exchange Theatre in Manchester to talk about his recent stint in the Noel Coward play The Vortex. If that wasn't enough, it seems he's also toying with a career as a political pundit, as we go behind the scenes of his recent appearance on Question Time. Beat that, Cheryl Cole.

C4

6.00 Inuk. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show. (R) (T) 9.55 KNTV Sex; (R) (T) Self Portrait UK. (R) (T) 10.30 Take Away My Takeaway. (R) (T) 3 Minute Wonder. (R) (T) 11.00 Gay to Z; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Don't Make Me Angry; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 FILM: Doctor in Clover (1966). Medical farce, starring Leslie Phillips. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Home from Home. Children from different countries discuss adapting to life in the UK. (T) 8.00 Superize vs Superskinny. Revisiting diet swappers to see if they have maintained a healthy lifestyle. (T) 9.00 Heston's Tudor Feast. Dishes from the court of King Henry VIII. (T) 10.00 Shameless. Paddy returns and is determined to keep his heroin addiction a secret, while the Gallaghers celebrate a possible new start. Kelly and Shane's prostitution scams go horribly wrong. (T) 11.05 The Big Bang Theory. (T) 11.35 My Name Is Earl. (R) (T) 12.05 Premier League Poker. 1.05 4Sport: Destination 2012. (R) (T) 2.00 4Sport: National Indoor Athletics Championships. 3.00 Sailing. (R) 3.25 Beach Volleyball. (R) 3.50 Water Stories. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Olivia. (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.40 Little Lodgers. (R) (T) 7.45 Make Way for Noddy. (R) (T) 7.55 Milkshake Show Songs. (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.10 Sailor Sid. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pocoyo. (R) (T) 8.45 Mio Mao. (R) (T) 8.50 Play! (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 I Own Britain's Best Home. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 FILM: WW3 (2001). Drama, starring Timothy Hutton. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (T) 7.00 Five News Update. (T) 8.00 Nature Shock. A 6ft python that swallowed a decomposing alligator whole; (R) (T) 8.00 Five News at 9. 9.00 CSI: Crime Scene Investigation. Part two of two. The hunt for the copycat serial killer continues. (T) 10.00 CSI: Miami. A model is electrocuted at a fashion show; (T) (T) Five News Update. (T) 11.00 CSI: NY. (R) (T) 12.00 The Shield. (R) (T) 1.00 NBA Basketball. 4.05 NBA Basketball. (R) 4.45 NHRA Drag Racing. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

5.00 Taste the Nation. Nick Nairn mentors amateur chefs from Aberdeenshire against a team from Middlessex under the tutelage of Ed Baines, with a place in round two at stake. Nick Hancock presents. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. The Wyldes fear the worst and contact the police when Will goes missing from Home Farm, but it becomes clear during questioning that Mark has something to hide. Daz is relieved when Victoria sets the record straight that she did not sleep with Aaron, despite his lies, but is shocked by her admission that she is really in love with the mechanic. Nicola and Jimmy continue to pretend they do not care about each other. (T)

8.00 New Homes from Hell 2009. Property disasters abroad, including a complex of apartments in Egypt where residents are battling to get basic facilities, and a couple conned out of cash by a developer in Spain. (T)

9.00 Holloway. New three-part documentary series about life inside Holloway women's prison in north London, following the work of officers and medical staff as they cope with violent inmates among the 500-capacity population. In the opening programme, first-timer Lorraine struggles with life behind bars, former drug addict Nicola prepares to be released and Amy reveals she deliberately went to jail to take advantage of Holloway's detox programme. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

**10.35Will Young: The South Bank Show.** Matt Cain's documentary following the singer-songwriter and actor as he promotes his fourth album Let It Go, rehearses for a sell-out theatre tour and prepares to celebrate his 30th birthday. The film goes backstage at Will's recent appearances on The X Factor, Top Gear and Question Time and visits his holiday home in Brighton, while the Brit Award-winner stops off at Manchester's Royal Exchange Theatre to discuss his part in Noel Coward's play The Vortex. (T)

11.35 Premiership Rugby Union. Including highlights of Gloucester v London Wasps. (R)

12.30 Nightwatch with Steve Scott: Mystery; (R) (T) ITV News Headlines. 1.25 Loose Women. (R) 2.15 The Jeremy Kyle Show. (R) (T) 3.10 ITV Nightscreen.

LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1515 Paixões Proibidas 1615 Portugal no Coração 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 30 Minutos 2130 Telerural 2200 Jogo Duplo 2300 Serviço de Saúde 0225 Liga dos Últimos 0110 Lost, series 0240 Prova de Amor 0415 Telesales 0515 Euronews 0605 Nôs

**RT2**  
0720 Zig Zag 1400 Sociedade Civil 1530 Bravo 1600 National Geographic 1655 Zig Zag 1930 A Vida dos Homens 1900 AB Clima 1950 Zig Zag 2045 Two and a Half Men, series 2215 National Geographic 2200 News 2240 Grey's Anatomy, series 2330 Bairro Alto 0030 Notícias da Dois: My Name is Earl, series 0130 Universidades 0200 Câmara Clara 0255 Euronews 0415 Knights of Prosperity, series 0445 Sociedade Civil 0615 Bravo

**SIC**  
0600 SIC Notícias 0800 Sete Vidas 0900 Ligou, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1515 Contacto 1715 Rebelde Way 1800 Três Imãs 1900 Nós por Cá 2000 News 2115 Tá a Gravar 2245 Caminho das Índias 0000 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI Las Vegas, series 0230 Todos em Linha 0430 Entourage, series

**TVI**  
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Flor do Mar 2215 Feitiço de Amor 2315 Olhos nos Olhos 0015 Assault on the 13th Precinct, film 0230 Sempre a Soma 0415 TV Negócios 0430 The Unit, series 0530 Telesales

Best of the Rest

**BBC3**  
7.00 Doctor Who 7.55 Doctor Who Confidential 8.00 Freaky Eaters 9.00 16 Pregnant Schoolgirls 10.00 EastEnders 10.30 Horne & Corden 11.00 Family Guy 11.25 Family Guy 11.45 18 Pregnant Schoolgirls 12.45 Freaky Eaters 1.45 Horne & Corden 2.15 Vidiotic 2.45 Things Talk 3.15 Natalie Cassidy's Real Britain 4.10 Snog, Marry, Avoid? 4.40 Doctor Who Confidential 5.00 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.30 Coal House at War 8.00 What Darwin Didn't Know 9.30 I've Never Seen Star Wars 10.00 Mad Men 10.45 Party Animals 11.35 Party Animals 12.25 The Maharajas' Motor Car: The Story of Rolls-Royce in India 1.20 Proms on Four 2008 2.50 The Book Quiz 3.20 I've Never Seen Star Wars 3.50 Close

**ITV2**  
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.40 The Jeremy Kyle Show 3.50 The Hoosiers: The Hot Desk 4.00 Loose Women 5.00 Ricki Lake 5.50 Sally Jessy Raphael 6.35 Judge Judy 7.00 Primaveal 8.00 Animals Do the Funniest Things 9.00 Coleen's Real Women 10.00 Film: Intolerable Cruelty 12 (2003) 12.05 FM 12.35 Coleen's Real Women 1.25 Teleshopping 4.25

**ITV2** Nightscreen

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MOVIES

**Sky Movies Drama**  
6.00 Dad PG (1989) 8.00 Watchmen Special 8.30 Candles on Bay Street PG (2006) 10.15 Instinct 15 (1999) 12.30 West Side Story PG (1961) With Natalie Wood. 3.00 Robin Hood: Prince of Thieves PG (1991) With Kevin Costner. 5.40 The Top 10 Show 6.00 St Elmo's Fire 15 (1985) With Rob Lowe. 8.00 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 10.00 World Trade Center 12 (2006) With Nicolas Cage. 12.15 Rocky Balboa 12 (2006) With Sylvester Stallone. 1.40 Uncovering Adults 15 (1992) With Kevin Kline. 3.45 The Movie Geek 4.15 Malpractice PG (2001)

**Sky Movies Comedy**  
6.20 Expiration Date 12 (2006) 8.00 35MM 8.30 The Brothers Solomon 15 (2007) 10.10 Howard the Duck PG (1986) 12.05 Detroit Rock City 15 (1999) With Giuseppe Andrews. 1.45 St Trinian's 12 (2007) With Rupert Everett. 3.30 Family Show 4.00 Stranger than Fiction 12 (2006) With Will Ferrell. 6.00 Howard the Duck PG (1986) With Tim Robbins.

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

SPORT

**Sky Sports 1**  
6.00 Good Morning Sports Fans 9.00 Irish Football 10.00 Big League Weekend 2 11.30 H20 Sports International 12.00 Women's Cricket World Cup 2.00 Irish Football 3.00 Big League Weekend 2 4.30 Soccer AM: The Best Bits 5.30 Women's Cricket World Cup 7.30 Soccer Special 10.00 Live Test Cricket. New Zealand v India. 5.00 Football Asia 5.30 Wild Spirits

**Sky Sports 2**  
6.00 Good Morning Sports Fans 9.00 Golf 12.00 Soccer AM: The Best Bits 1.00 Golf 4.00 WWE: Smackdown 6.00 Masters Tennis 8.00 Live Masters Tennis. The BNP Paribas Open. 12.00 Revista De La Liga 1.00 Football Asia 1.30 Poker 2.30 Revista De La Liga 3.30 Football Asia 4.00 Close

**Sky Sports 3**  
6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Afterburn 8.00 Soccer AM: The Best Bits 9.00 Poker 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Powder Adventures 12.30 Wild Spirits 1.00 Poker 3.00 Wild Spirits 3.30 H20 Sports International 4.00 Live Golf. The second day of the Tavistock Cup. 9.00 Pool 10.00 Poker 11.00 NFL: Total Access 12.00 Sports Unlimited 1.00 Max Power 2.00 Close

**British Eurosport**  
7.30 Olympic Magazine 8.00 UEFA Cup Football 9.00 Eurogoals 9.45 WATTS 10.00 Biathlon 11.00 WTA Tennis 1.15 Cycling 2.15 Live

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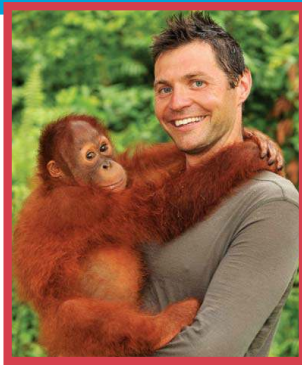




## BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Axe the Agent? (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Missing. (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (T) 3.25 CBBC: ChuckleVision. (R) (T) 3.40 Pinky and Perky. (R) (T) 3.50 The Story of Tracy Beaker. (R) (T) 4.05 Gastronuts. (R) (T) 4.35 Blue Peter; (T) MySay. (R) (T) 5.05 Newsround. (T)

- 5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes head to head with greed. (T)
- 6.00 BBC News; Weather. (T)
- 6.30 Regional News Programmes; Weather. (T)
- 7.00 The One Show. Topical reports from across the UK, featuring contributions from historian Dan Snow and broadcaster Hardeep Singh Kohli. Dominic Littlewood is also on hand with consumer advice, while Ellie Harrison reports on issues affecting wildlife across Britain. Adrian Chiles and Christine Bleakley present. (T) Inside Out England. Matthew Wright investigates the safety of the UK's level crossings. Plus, a profile of the cold case detectives solving crimes decades after they were committed. (T) BBC News; Regional News. (T)
- 8.00 Waterloo Road. Kim Campbell returns from Rwanda for the new term, but with no sign of Andrew Treneman, rumours circulate about who is the father of her baby. Rachel's careers day is thrown into chaos with the arrival of former pupil-turned-glamour model Sarah-Leanne, as the school's obsession with celebrity leaves Kim dismayed. Meanwhile, pregnant Chlo decides to rethink her future, much to Tom's delight. (T)
- 9.00 Nature's Great Events. How the growth of phytoplankton along the coastal waters of Alaska and British Columbia attracts a vast array of marine life to feast on billions of herring. Humpback whales migrating from Hawaii as well as Stellar sea lions, dolphins and killer whales make the long and arduous journey toward the abundant fish, risking malnutrition and attacks from predators along the way. Last in the series, narrated by David Attenborough. (T)
- 10.00 BBC News. (T)
- 10.25 Regional News; Weather. (T)
- 10.35 The National Lottery Draws. The balls are set rolling to decide the all-important numbers. Presented by Scott Mills. (T)
- 10.45 FILM: The Peacemaker (1997). Action thriller, starring George Clooney and Nicole Kidman; (T) National Lottery Update and Weatherview. (T)
- 12.45 Sign Zone: Make Me... Live Forever. (R) (T) 1.25 Sign Zone: Savile Row. (R) (T) 2.25 Sign Zone: Oz and James Drink to Britain. (R) (T) 2.55 Sign Zone: MasterChef. (R) (T) 3.25 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Roar. (T) 8.30 CBeebies: Pinky Dinky Doo. (T) 8.45 Jackanory Junior. (R) (T) 9.00 Big & Small. (R) (T) 9.15 Finley the Fire Engine. (R) (T) 9.30 Louie. (T) 9.45 Bob the Builder: Project Build It; (R) (T) Pingu. (R) 10.00 Big Barn Farm. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Wildlife on Two. (R) (T) 11.30 Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Animal Park. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 A Question of Genius. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (R) (T) 6.30 Priceless Antiques Roadshow. (T) 7.00 Escape to the Country. A couple who dream of owning a hobby farm with enough land to rear livestock. (R) (T) 8.00 Orangutan Diary. The Confiscation Team confronts an armed man. (T) 9.00 Building the Olympic Dream. Preparations for the London 2012 Olympics. Last in the series. (T) 10.00 Never Mind the Buzzcocks. Simon Amstell and team captains Bill Bailey and Philip Jupitus are joined by comedian Tim Minchin. Foals singer Yannis Philippakis and solo artist Sophie Ellis Bextor. (R) (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Mad Men. (T) 12.10 Timeshift: How to Write a Mills & Boon: BBC Four on BBC Two. (T) 1.10 Travellers' Century: BBC Four on BBC Two. (T) 2.10 BBC News. (T) 3.25 Close. 4.00 BBC Learning Zone. (T)

## Pick of the Day

## Orangutan Diary (BBC2, 8pm)

What do you get if you cross Animal Hospital and 24? Orangutan Diary, apparently. Yes, we might be used to relatively sleepy animal-rescue documentaries on the Beeb, but this series certainly makes sure we keep on our toes. This latest episode of the programme, following daily life at a refuge centre for orphaned orangutans in Borneo, takes a turn for the dramatic when the Confiscation Team confronts an armed man who is holding a pair of baby apes captive. Okay, so watching Michaela Strachan and Steve Leonard help to rescue and care for the orphaned primates might not exactly equal the high-octane antics of Jack Bauer, but it just goes to show that ensuring the safety of these animals can still be dangerous work. Things aren't much easier going for GP David Irons this week either, as he is rushed to an emergency in the forest. Luckily, not everything is quite so frantic, and there's even some good news as centre director Lorne Droscher-Nielsen sees the pressure off the overcrowded sanctuary when she finds a suitable place to release more of the rescued animals.

## C4

6.00 Inuk. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show. (R) (T) 9.55 KNTV Sex; (R) (T) Self Portrait UK. (R) (T) 10.30 Take Away My Takeaway. (R) (T) Get Me the Producer. (R) (T) 11.00 Gay to Z. (R) (T) Get Me the Producer. (R) (T) 11.30 Don't Make Me Angry; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Brief History of Fun. (R) (T) 12.55 Back to You. (R) (T) 1.20 FILM: Kind Hearts and Coronets (1949). Ealing black comedy, starring Alec Guinness. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (R) (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Home from Home. Caroline Irby photographs children from 187 different countries. (T) 8.00 Relocation. Relocation. Kirstie Allsopp revisits a couple who left London 18 months previously. (T) 9.00 Grand Designs. Revisiting a couple who bought a peal tower in the Yorkshire Dales. (T) 10.00 Desperate Housewives. The women pay their respects to a handyman who has died. (T) 11.05 Shameless. (R) (T) 12.05 4Music: Spectacle: Elvis Costello with Herbie Hancock. 1.05 4Music: Rockfeedback. (R) 1.35 3 Minute Wonder: Puppet Love. (R) (T) 1.40 The Hunt for Britain's Toughest Person. (R) (T) 2.05 Who Killed Scarlett? (R) 3.05 3 Minute Wonder: A Motorway Story. (T) (T) 3.10 Hill Street Blues. (R) 3.55 Time Team Digs... The Late Romans. (R) (T) 4.55 Countdown. (R) (T) 5.40 Grabbit the Rabbit. (R) (T)

## FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Olivia. (T) 7.15 Little Princess. (R) (T) 7.25 The Milky and Shake Show. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.40 Little Lodgers. (R) (T) 7.45 Make Way for Noddy. (R) (T) 7.55 Milkshake Show Songs. (T) 8.00 Fit and the Flowertots. (R) (T) 8.10 Sailor Sid. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Poochy. (R) (T) 8.45 Mr Mao. (R) (T) 8.50 Play! (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 I Own Britain's Best Home. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 The Family Recipe. (R) (T) 3.15 FILM: The Perfect Husband (2004). Fact-based thriller, starring Dean Cain. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (T) 7.00 Five News at 7. (T) 7.30 Hero Animals. A boy who fell into the gorilla enclosure at Jersey Zoo; (T) 7.30 Five News Update. (T) 8.00 Ice Road Truckers. The men race to dismantle the Arctic bases; (T) 8.00 Five News at 9. 9.00 Extraordinary People: The World's Oldest Conjoined Twins. New series. Ronnie and Donnie Galyon talk about their life together. (T) 10.00 Serial Killer: An interview with Arthur Shawcross. (T) 11.05 Police Interceptors. (R) (T) 12.05 Pokes. 1.35 NHRA Drag Racing. 3.20 NHL Ice Hockey. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

- 5.00 Taste the Nation. Lancashire and Merrieles Parker compete against Rosemary Shrager's North Yorkshire team, with a place in round two at stake. Rosemary thinks she has the advantage working with her home county, using ribeye of beef from her local butcher to help her chefs, but it all comes down to a battle of the puddings as judges Henrietta Green, William Sitwell and Richard Johnson have their say. Nick Hancock presents. (T)
- 6.00 London Tonight; Weather. (T)
- 6.30 ITV Evening News; Weather. (T)
- 7.00 Emmerdale. Mark's relatives grow concerned by his irrational behaviour. Nicola comes up with a plan to meet a rich man in a bid to make Jimmy jealous, and Daz avoids Victoria at a family meal. (T)
- 7.30 Coronation Street. Steve's hopes of making amends with Betty go awry when Liz and Lloyd turn up at the same restaurant. David responds badly to Joe's presence, and Ryan's gig leads to romance. (T)
- 8.00 The Bill. Part two of two. As Beth prepares for her last day at Sun Hill, her colleagues urge her to show her feelings for Nate at her leaving party. She is pleased to find herself paired up with him on a call about a domestic disturbance in which a woman is found unconscious at the bottom of the stairs. The officers are surprised to discover their prime suspect is the boxing club owner they interviewed the previous day about drug dealing on his premises. (T)
- 9.00 Taggart. The team investigates a man with a violent past when a campaigner against domestic violence is murdered, but Ross suffers a moment of madness that puts the investigation in jeopardy. (R) (T)
- 10.00 News at Ten and Weather. (T)
- 10.30 London News and Weather. (T)
- 10.35 Law & Order: UK. The discovery of a body in a shallow grave by the Thames prompts Brooks and Devlin to reopen an eight-year-old murder case. Crime drama, guest starring Ian Glen. (R) (T)
- 11.35 Nightwatch with Steve Scott: Action Stations. The work of fighter pilots and ground troops on duty in Afghanistan, plus insights into Air Sea Rescue and the Red Arrows aerobatic team. (T)
- 12.30 The Big Tackle With Austin Healey; ITV News Headlines. 1.20 Loose Women. (R) 2.10 The Jeremy Kyle Show. (R) 3.05 Taking on the Taxman: Tonight. (R) (T) 3.30 ITV Nightscreen.

## LOCAL

RTP1  
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1515 Paixões Proibidas 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Em Reportagem 2130 A Guerra 2230 Jogo Duplo 2330 Laurel Canyon, film 0130 In Good Company, film 0315 Prova de Amor 0500 Telesales 0605 Nôs

RTP2  
0720 Zig Zag 1400 Sociedade Civil 1500 Assembleia da República 1655 Zig Zag 1830 Fê dos Homens 1900 Biosfera 1950 Zig Zag 2045 Two and a Half Men, series 2105 National Geographic 2200 News 2230 24, series 2330 Clube de Imprensa 0030 Noites da Dois: My Name is Earl, series 0130 Universidades 0200 Biosfera 0245 Bastidores 0330 Euronews 0445 Knights of Prosperity, series 0515 Sociedade Civil

SIC  
0600 Sic Notícias 0800 Sete Vidas 0900 Ligu, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1515 Contacto 1715 Rebelde War 1800 Três Irmãs 1900 Nôs por Cá 2000 News 2115 Tá a Gravar 2245 Caminho das Índias 0000 Podias Acabar o Mundo 0045 Criminal Minds, series 0145 CSI Las Vegas, series 0230 Todos em Linha 0430 Entourage, series

TVI  
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Flor do Mar 2215 Feitiço de Amor 2315 Olhos nos Olhos 0015 O Legado do Medo, film 0230 Sempre a Somar 0415 TVI Negócios 0430 The Unit, series 0530 Telesales

## Best of the Rest

## BBC3

7.00 Doctor Who 8.15 Doctor Who Confidential 9.00 Film: Interview with the Vampire 18 (1994) 11.00 Home & Corden 11.30 Family Guy 11.55 Family Guy 12.15 Snog, Marry, Avoid? 12.45 Freaky Eaters 1.40 Natalie Cassidy's Real Britain 2.40 Home & Corden 3.15 Doctor Who Confidential 3.55 Snog, Marry, Avoid? 4.25 Natalie Cassidy's Real Britain 5.25 Close

BBC4  
7.00 World News Today 7.00 Weather 7.30 Britain's Best Drives 8.00 Richard Wilson Learns to Drive 8.30 History of the Future: Cars 9.00 Baroque! From St Peter's to St Paul's 10.00 All Our Working Lives: Cutting Cold 11.00 My Strike 12.00 From A to B: Tales of Modern Motoring 12.35 Baroque! From St Peter's to St Paul's 1.50 Britain's Best Drives 2.20 History of the Future: Cars 2.50 Richard Wilson Learns to Drive 3.20 Baroque! From St Peter's to St Paul's 4.20 Close

ITV2  
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.40 The Jeremy Kyle Show 3.50 Keith Lemon: The Hot Desk 4.00 Loose Women 5.00 Ricki Lake 5.50 Sally Jessy Raphael 6.35 Judge Judy 7.00 Primeval 8.00 News Homes from Hell 2009 9.00 Gossip Girl 10.00 Celebrity Juice 10.30 FM 11.00 Coronation Street 11.30 Film: Armed and Dangerous 15 (1985) 1.15 Teleshopping 4.15 ITV2 Nightscreen

All the latest headlines at [www.the-news.net](http://www.the-news.net)

News

## MOVIES

## Sky Movies Drama

6.00 Murder at My Door 15 (1996) 7.45 Becoming Jane PG (2006) 9.45 Pictures of Hollis Woods PG (2007) 11.30 American Graffiti PG (1973) With Richard Dreyfuss. 1.30 The Legend of Roy 15 (1998) With Tim Roth. 3.40 Flyboys 12 (2006) With James Franco. 6.00 Georgia Rule 15 (2007) With Jane Fonda. 8.00 3:10 to Yuma 15 (2007) With Russell Crowe. 10.05 Gridiron Gang 12 (2006) With Dwayne Johnson. 12.20 The Cook, the Thief, His Wife and Her Lover 18 (1989) With Helen Mirren. 2.35 Mortal Thoughts 18 (1991) With Demi Moore. 4.20 Deep Family Secrets PG (1997)

## Sky Movies Comedy

6.10 Continental Divide PG (1981) 7.55 Milk 15 (1998) 9.35 Project: ALF PG (1996) 11.10 Naked Man 15 (1998) With Michael Rapaport. 12.50 Definitely Maybe 12 (2008) With Ryan Reynolds. 2.45 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.45 I Want Candy 15 (2007) With Carmen

Electra. 6.20 Baby's Day Out PG (1994) With Joe Mantegna. 8.00 Definitely Maybe 12 (2008) With Ryan Reynolds. 10.00 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 12.00 I Want Candy 15 (2007) With Carmen Electra. 1.35 Baby's Day Out PG (1994) With Joe Mantegna. 3.35 Naked Man 15 (1998) 5.20 Continental Divide PG (1981)

## Sky Movies Action/Thriller

7.00 Robin Hood PG (1990) 8.50 Final Analysis 15 (1992) 11.00 Sphere 12 (1998) With Dustin Hoffman. 1.20 The Pelican Brief 12 (1993) With Julia Roberts. 3.50 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 6.00 Legionnaire 15 (1998) With Jean-Claude Van Damme. 8.00 Arlington Road 15 (1999) With Jeff Bridges. 10.00 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 12.10 Outlaw 18 (2007) With Sean Bean. 2.00 Legionnaire 15 (1998) With Jean-Claude Van Damme. 3.45 Fear 18 (1996) 5.25 Robin Hood PG (1990)

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Golf 12.00 Revista De La Liga 1.00 Test Cricket 3.00 Golf 6.00 Boots 'n' All 7.00 FIFA Football Mundial 7.30 Live Scottish Cup Football. A sixth-round replay. 10.00 You're on Sky Sports! 11.00 Live Women's Cricket World Cup. A Super Sixes match in Sydney, Australia.

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE Vintage Collection 8.00 Revista De La Liga 9.00 Football Asia 9.30 H20 Sports International 10.00 Test Cricket 12.00 Pool 1.00 Poker 2.00 Sports Unlimited 3.00 NFL: Total Access 4.00 Masters Tennis 6.00 Live Masters Tennis. The BNP Paribas Open. 12.00 Total Rugby 12.30 Scottish Cup Football 2.00 Poker 3.00 Close

## Sky Sports 3

10.00 Powder Adventures 10.30 Airsports World 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Sports Unlimited 1.00 Golf 2.00 Powder Adventures 2.30 Airsports World 3.00 Pool 4.00 WWE: Bottom Line 5.00 WWE: Afterburn 6.00 European Tour Weekly 6.30 Licence to Le Mans 7.00 Test Cricket 9.00 Total Rugby 9.30 Licence to Le Mans 10.00 Boots 'n' All 11.00 NFL: Total Access 12.00 Watersports World 1.00 European Tour Weekly 1.30 Boots 'n' All 2.30 British Motorcross Championship 3.30 Golf 4.30 Close

## British Eurosport

7.30 Abu Dhabi Challenge 8.00 World Rally Championship 9.00 UEFA Cup Football 10.00 Ski Jumping 11.00 WTA Tennis 1.00 UEFA Cup Football 2.00 Cross-Country Skiing 2.45 Live Cross-Country Skiing. The World Cup sprint finals from Stockholm. 4.15 Eurogals Flash 4.30 WTA Tennis 5.00 Eurogals Flash 5.15 WTA Tennis 6.00 Live WTA Tennis. The BNP Paribas Open. 7.45 Olympic Magazine 8.15 Wednesday Selection 8.20 Ridders Club 8.25 US PGA Golf 9.25 Golf Club 9.30 Yacht Club 9.40 Wednesday Selection 9.45 World Rally Championship 10.45 Ski Jumping 11.45 Cross-Country Skiing 12.30 Close

## Sky Sports Xtra

4.00 Test Cricket 6.00 Powder Adventures 6.30 Total Rugby 7.00 British Motorcross Championship 8.00 Boots 'n' All 9.00 Transworld Sport 10.00 Live Test Cricket. New Zealand v India. 5.00 Close

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

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BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Axe the Agent? (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Missing. (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (T) 3.25 CBBC: ChuckleVision. (R) (T) 3.40 Pinky and Perky. (R) (T) 3.50 The Story of Tracy Beaker. (R) (T) 4.05 Runaway. (T) 4.35 Little Howard's Big Question. (T) 5.05 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. Peggy decides to continue with her campaign despite concerns for her health. Archie is puzzled when he spots Danielle wearing the locket and Patrick starts to co-operate with Theo; (T) BBC News; Regional News. (T)

8.00 Wendy Richard: To Tell You the Truth. Documentary following the late actor and her husband John as they deal with her cancer. Having been diagnosed with the disease for the third time in January 2008, she wanted to make a film to help others in a similar situation as she went through the chemotherapy process for the first time. (T)

8.30 Traffic Cops. The officers deal with a speeding driver who has careered off the road and smashed into the roof of a house. Though the motorist is fortunate to have escaped with his life, he has landed in trouble with the traffic police, who suspect that the incident was a case of road rage gone too far. Jamie Theakston narrates. (R) (T)

9.00 The Hottest Place on Earth. The first of two programmes exploring the Danakil desert in northern Ethiopia, investigating the geology of the area and meeting the people and animals who can survive in the extraordinary environment. Kate Humble uncovers the tough life of the Afar woman, Steve Leonard learns about the relationship between the Afar and their animals, and earth scientist Douglas Jerram looks at the region's volcanic activity. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Question Time. (T)

11.35 This Week; (T) Skiing Weather. (T)

12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Watchdog. (R) (T) 1.25 Sign Zone: Countryfile. (R) (T) 2.20 Sign Zone: MasterChef. (R) (T) 3.20 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Roar. (T) 8.30 CBeebies: Pinky Dinky Doo. (R) (T) 8.45 Jackanory Junior. (R) (T) 9.00 Big & Small. (R) (T) 9.15 Finley the Fire Engine. (R) (T) 9.30 Louie. (T) 9.45 Bob the Builder: Project Build It; (R) (T) Pingu. (T) 10.00 Big Barn Farm. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Maths Channel. (T) 11.10 Primary Geography. (T) 11.30 Something Special. (T) 11.45 Watch. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Britain's Dream Homes. (R) (T) 2.00 Animal Park. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 A Question of Genius. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (R) (T) 6.30 Priceless Antiques Roadshow. (T) 7.00 Lonesome George and the Battle for Galapagos. The last remaining Pinta Island giant tortoise. (R) (T) 8.00 Jimmy Doherty in Darwin's Garden. Experiments in support of evolutionary theory. Last in the series. (T) 9.00 Darwin's Dangerous Idea. Environmental threats to humanity's survival. Last in the series. (T) 10.00 The Graham Norton Show. The talk-show host is joined by Ronnie Corbett and Ricky Gervais for a mix of comedy monologues, celebrity chat and audience participation. (T) 10.30 Newsnight; Weather. (T) 11.20 The Company. (R) (T) 12.55 Seaside Steve: Bringing It All Back Home. (T) 1.25 Seaside Steve at Reading 2008. (T) 1.55 BBC News. (T) 3.20 Close. 4.00 BBC Learning Zone. (T)

Jimmy Doherty in Darwin's Garden (BBC2, 8pm)

Do some members of the animal kingdom share remarkably human traits with us? Legendary scientist Charles Darwin seemed to think so. In the last episode of this eye-opening series, showing as part of the BBC's season of programmes dedicated to Darwin, Jimmy Doherty tests his hero's theory. Armed with the expert's notebooks, Doherty heads to London Zoo to recreate a few of Darwin's experiments. He investigates the curiosity of monkeys by allowing the primates to examine a box that contains a dangerous-looking snake, and sees for himself how great apes recognise themselves in a mirror. Doherty says: "I think Darwin's experiments on human evolution are some of his most brilliant — really imaginative. They took him into areas like child psychology and how we show emotions — work that put him far ahead of his time." Doherty also puts himself forward to recreate an experiment pioneered by French anatomist Duchenne, which allowed Darwin to show that the muscles of humans were similar to that of apes, by having a smile artificially induced when electrodes are attached to his face. Finally, he previews the Evolution Megalab experiment with Professor Steve Jones — an ambitious study organised by the Open University to discover the modern distribution of the banded snail across the United Kingdom.

C4

5.50 The Hoobs. (R) (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show. (R) (T) 9.55 KNTV Sex; (R) (T) Self Portrait UK. (R) (T) 10.30 Take Away My Takeaway; (R) (T) 3 Minute Wonder. (R) (T) 11.00 Gay to Z; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Don't Make Me Angry; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Brief History of Fun. (R) (T) 12.50 A Place in the Sun: Home or Away. (R) (T) 1.55 FILM: Sailor Beware! (1956). Comedy, starring Peggy Mount. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollywood. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Home from Home. Immigrant children's quest for a home and identity. Last in the series. (T) 8.00 10 Years Younger: The Challenge. Cashier Dawn Palmer undergoes surgery in a bid to turn back the clock, while hairdresser Sheila Mortimer hopes a non-surgical transformation will benefit her career. (T) 9.00 Red Riding. A new abduction suggests Clare's killer may still be at large. Last in the series. (T) 11.05 Ramsay's Kitchen Nightmares USA. (R) (T) 12.05 When Women Rule the World. (R) (T) 1.10 Hello Dollies. (R) (T) 1.35 3 Minute Wonder: Puppet Love. (R) (T) 1.40 Dispatches: Pakistan's Taliban Generation. (R) (T) 2.35 Unreported World. (R) 3.00 3 Minute Wonder: Darwin's Originals. (R) (T) 3.05 Hill Street Blues. (R) 3.50 Time Team Digs. (R) (T) 4.50 Chrono-Perambulator. (R) (T) 5.00 Countdown. (R) (T) 5.45 Making It. (R) (T) 5.50 The Hoobs. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Olivia. (T) 7.15 Little Princess. (R) (T) 7.25 Music Box Routines. (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Play! (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Own Britain's Best Home. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 FILM: The Sign of Four (2001). Sherlock Holmes mystery, starring Matt Frewer. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (T) 7.00 Five News at 7. (T) 7.30 Live UEFA Cup Football. AaB Aalborg v Manchester City (Kick-off 8.00pm). All the action from the last-16 second-leg match at the Energi Nord Arena. Subsequent programmes subject to change. (T) 10.00 FILM: Species II (1998). An astronaut returns from a mission transformed into a deadly alien determined to propagate his species. Sci-fi thriller sequel, with Natasha Henstridge and Michael Madsen. (T) 11.50 Quiz Call. 4.00 NBA Basketball. (R) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

5.00 Taste the Nation. In the final heat it is Wales against England to see who will carry on to tomorrow's second round. Graham Tinsley and amateur chefs from Glamorgan prepare sea bass with cockle dressing, Gower salt-marsh lamb, and honey ice-cream. Martin Blunos's Lincolnshire team uses local ingredients including crayfish and the rare curly-coated pig. Presented by Nick Hancock. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Jimmy rescues Nicola from a sleazy businessman at a networking event, and all appears to be going well until his truck breaks down. Mark resolves his family will stay in Emmerdale. (T)

7.30 Countrywise. Paul Heiney visits one of Britain's first farm shops as it celebrates its 30th anniversary and takes part in the annual marcialade-making. He also tries his hand at Victorian farming. (T)

8.00 The Bill. A lorry driver left for dead by masked raiders who hijacked his vehicle in an isolated lay-by admits to smuggling a woman and her child into the country to help them escape a violent marriage. The search is on to locate the stolen vehicle but when it is finally traced and thoroughly searched, Mel suspects her colleague Arun has taken the case to heart and abused his position as a police officer to tip off the fugitives. (T)

9.00 Cops with Cameras. Officers from Greater Manchester's Tactical Aid Unit unearth a machine-gun, axes, knives and an assortment of other dangerous weapons when they raid a caravan park. South London's undercover robbery squad is on the trail of two muggers and South Wales and Oldham police go after drug dealers. Back in Manchester the TAU tries to stop French football hooligans from running riot in the city centre. Last in the series. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Dexter. Doakes is left alone and escapes from his cage, but he soon runs into a few of Jimenez's associates. As Lundy closes in on the Bay Harbour Butcher, Dexter makes a momentous decision. (T)

11.40 The Late Debate.

12.10 FILM: The Ballad of Cable Hogue (1970). Comedy Western, starring Jason Robards. (T) 2.10 Crossing Jordan; (T) ITV News Headlines. 3.00 Loose Women. (R) 3.50 ITV Nightscreen.

LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1515 Paixões Proibidas 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Grande Entrevista 2130 A Minha Família 2230 Jogo Duplo 2330 Corredor do Poder 0300 Quarto Crescendo 0130 Over There, series 0230 Prova de Amor 0345 TeleSales 0445 Euronews 0605 Nôs

**RTP2**  
0720 Zig Zag 1400 Sociedade Civil 1530 Bravo 1600 National Geographic 1655 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Fringe, series 2330 Documentary 0030 Noites da Doi: My Name is Earl, series 0130 Universidades 0200 Iniciativa 0245 Euronews 0415 Knights of Prosperity, series 0445 Sociedade Civil 0615 Bravo

**SIC**  
0600 Sic Notícias 0800 Sete Vidas 0900 Ligu, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1515 Contacto 1715 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2115 Aquie Agora 2200 Tá a Gravar 2245 Caminho das Índias 0000 Pódia Acabar o Mundo 0045 Criminal Minds, series 0145 Cartaz Cultural 0230 Todos em Linha 0430 Entourage, series

**TVI**  
0700 Diário Da Manhã 1015 Vooê na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Flor do Mar 2215 Feitiço de Amor 2315 Olhos nos Olhos 0015 NCIS, series 0130 The Office, series 0200 Cartaz das Artes 0230 Sempre a Somar 0415 TVI Negócios 0430 The Unit, series 0530 TeleSales

Best of the Rest

**BBC3**  
7.00 Freaky Eaters 8.00 Natalie Cassidy's Real Britain 9.00 Baby Borrowers USA 9.45 The Real Hustle 10.00 EastEnders 10.30 Two Pints of Lager and a Packet of Crisps 11.00 Family Guy 11.25 Family Guy 11.45 Baby Borrowers USA 12.25 Natalie Cassidy's Real Britain 1.25 Two Pints of Lager and a Packet of Crisps 1.55 18 Pregnant Schoolgirls 2.55 Two Pints: Fags, Lads and Kebabs 3.50 The Real Hustle 4.05 Freaky Eaters 5.05 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.40 Natural World 8.30 Britain's Best Drives 9.00 Tom Driberg and Me - A Personal Portrait by William G Stewart 10.10 Michael Smith's Drivetime 10.30 I've Never Seen Star Wars 11.00 Tom Driberg and Me - A Personal Portrait by William G Stewart 12.00 Michael Smith's Drivetime 12.30 I've Never Seen Star Wars 1.00 Proms on Four 2008 2.30 Britain's Best Drives 3.00 Tom Driberg and Me - A Personal Portrait by William G Stewart 4.00 Michael Smith's Drivetime 4.30 Close

**ITV2**  
1.00 Airline USA 1.30 The Jeremy Kyle Show 3.50 Vernon Kay: The Hot Desk 4.00 Loose Women 5.00 Ricki Lake 5.50 Sally Jessy Raphael 6.35 Judge Judy 7.00 Primeval 8.00 American Idol 9.00 Paris Hilton's British Best Friend 10.00 The Justin Lee Collins Show 11.00 Supernatural 12.00 American Idol 1.00 The Justin Lee Collins Show 2.00 Teleshopping 5.00 ITV2 Nightscreen

**Sky1**  
1.00 Tim Gunn's Guide to Style 2.00 Bones 3.00 Cold Case 4.00 Are You Smarter Than a 10 Year Old? 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Hello Goodbye 9.00 Bones 10.00 Cold Case 11.00 Law & Order 12.00 Cold Case 1.00 Road Wars 1.50 Road Wars 2.40 Stargate SG-1 3.30 Stargate SG-1 4.20 Battlestar Galactica 5.10 Guilty!

**G.O.L.D**  
1.00 Last of the Summer Wine 1.40 Whatever Happened to the Likely Lads? 2.20 My Family 3.00 The Brittas Empire 3.40 Butterflies 4.20 Keeping Up Appearances 5.00 As Time Goes By 5.40 Open All Hours 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Whatever Happened to the Likely Lads? 8.20 My Family 9.00 Only Fools and Horses 9.40 The Vicar of Dibley 10.35 Steptoe and Son 11.15 The New Statesman 11.50 The Vicar of Dibley 12.45 Steptoe and Son 1.25 The New Statesman 1.55 Charlie's Angels 3.00 Close

**TCM**  
3.00 The Big Trees PG (1952) 4.45 An American in Paris U (1951) 6.50 Bronco Billy PG (1980) 9.00 Arthur 15 (1981) 10.45 Running on Empty 15 (1988) 1.00 Arthur 15 (1981) 2.40 Running on Empty 15 (1988) 5.00 A Lion Is in the Streets PG (1953)

**The Disney Channel**  
Kids' programmes from 7am, except:

MOVIES

**Sky Movies Drama**  
6.00 Breaking Away PG (1979) 7.45 The Neighbor 12 (2008) 9.25 Oneing 12 (1999) 11.15 Second Sight 12 (2007) With Lexa Doig. 12.45 The Insider 15 (1999) With Al Pacino. 3.30 Bobby 15 (2006) With Laurence Fishburne. 5.30 Babel 15 (2006) With Brad Pitt. 8.00 The Truman Show PG (1998) With Jim Carrey. 10.00 Lions for Lambs 15 (2007) With Robert Redford. 11.45 Gridlock 'd 18 (1997) With Tupac Shakur. 1.30 Wild at Heart 18 (1990) With Nicolas Cage. 3.45 35MM 4.15 The Patron Saint of Liars PG (1997)

**Sky Movies Comedy**  
7.10 Don't Go Breaking My Heart PG (1999) 8.35 35MM 9.20 Harry and the Hendersons PG (1987) 11.15 Rushmore 15 (1999) With Jason Schwartzman. 12.50 The Great White Hype 15 (1996) With Samuel L. Jackson. 2.25 Employee of the Month 12 (2006) With Dane Cook. 4.20 Monsters vs Aliens Special 4. 3.5 Splitting Heirs 15 (1993) With Eric Idle. 6.05 Harry and the Hendersons PG (1987) With John Lithgow. 8.00 The Great White Hype 15 (1996)

With Samuel L. Jackson. 9.35 Employee of the Month 12 (2006) With Dane Cook. 11.30 Rushmore 15 (1999) With Jason Schwartzman. 1.10 Splitting Heirs 15 (1993) With Eric Idle. 2.45 Bad Manners 15 (1997) With David Strathairn. 4.20 Don't Go Breaking My Heart PG (1999)

Sky Movies Action/Thriller

7.15 Perfect Stranger 15 (2007) 9.15 Mr Nice Guy 15 (1997) 11.00 Red Sonja 15 (1985) With Brigitte Nielsen. 12.45 Perfect Stranger 15 (2007) With Halle Berry. 2.45 Mr Nice Guy 15 (1997) With Jackie Chan. 4.30 Red Sonja 15 (1985) With Brigitte Nielsen. 6.05 Deep Blue Sea 15 (1999) With Samuel L. Jackson. 8.00 The Invasion 15 (2007) With Nicole Kidman. 10.00 War 18 (2007) With Jet Li. 12.00 Harsh Times 15 (2005) With Christian Bale. 2.10 In Dreams 18 (1999) With Annette Bening. 4.10 Ransom PG (1975)



Sky Sports 1

6.00 European Tour Weekly 6.30 FIFA Futbol Mundial 7.00 WWE: Experience 8.00 Total Rugby 8.30 Live Test Cricket. South Africa v Australia. 4.00 Test Cricket 6.00 FIFA Futbol Mundial 6.30 Premier League World 7.00 Live Premier League Darts. Round seven at the Brighton Centre. 10.30 TBA 12.30 Premier League World 1.00 Time of Our Lives 2.00 Premier League Darts 5.30 Premier League World

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Powder Adventures 9.30 Licence to Le Mans 10.00 Boots 'n' All 11.00 Scottish Cup Football 12.30 Boots 'n' All 1.30 FIFA Futbol Mundial 2.00 Scottish Cup Football 3.30 Total Rugby 4.00 Boots 'n' All 5.00 NFL: The Ballad of Cable Hogue 6.00 Masters Tennis 8.00 Live Masters Tennis. The BNP Paribas Open. 10.00 Time of Our Lives 11.00 The Rugby Club 12.30 NFL: Total Access 1.30 Motor Racing 2.00 Premier League World 2.30 The Rugby Club 4.00 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 Boots 'n' All 8.00 British Motocross Championship 9.00 Squash 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Watersports World 1.00 Licence to Le Mans 1.30 Total Rugby 2.00 Powder Adventures 2.30 Licence to Le Mans 3.00 British Motocross Championship 4.00 Watersports World 5.00 WWE Vintage Collection 6.00 The Rugby Club 7.30 Live Rugby League. Halifax RLFC v Widnes Vikings (Kick-off 7.30pm). 9.30 WWE: Late Night - Raw 11.30

Extreme Championship Wrestling 12.30 Rugby League 2.30 Close

British Eurosport

7.30 World Touring Car Championship 8.00 UEFA Cup Football 8.30 Cross-Country Skiing 9.15 Biathlon 10.30 Live Biathlon. The men's World Cup spring race from Trondheim in Norway. 12.00 Ski Jumping 1.00 Live Biathlon. Further World Cup coverage from Trondheim in Norway. 2.45 Biathlon 3.45 Ski Jumping 5.00 Eurogoals Flash 5.15 WTA Tennis 6.00 Live WTA Tennis. The BNP Paribas Open quarter-finals. 7.45 World Superbikes 9.45 Eurogoals: One to One 10.00 UEFA Cup Football 11.00 WTA Tennis 12.00 Ski Jumping 12.30 Close

Sky Sports Xtra

2.00 Squash 4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Netball 7.00 Test Cricket 8.00 TBA 10.00 Live Test Cricket. New Zealand v India. 5.00 Close

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.



BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Axe the Agent? (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Missing. (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (T) 3.25 CBBC: ChuckleVision. (R) (T) 3.40 Pinky and Perky. (R) (T) 3.50 The Story of Tracy Beaker. (R) (T) 4.05 Outback 8. (R) (T) 4.35 The Legend of Dick & Dom. (T) 5.05 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T)

7.30 A Question of Sport. With former rugby league winger Martin Offiah, snooker star Ken Doherty, ex-Arsenal midfielder Ray Parlour and Sheffield United footballer Gary Speed; (R) (T) BBC News; Regional News. (T)

8.00 EastEnders. Danielle reveals her secret to Archie by showing him the photo of her mother inside the locknet. Ronnie and Roxxy exchange a few home truths at R&R, while Max brings home a date. (T)

8.30 Outtake TV. Anne Robinson proves she can laugh at herself as she hosts a Weakest Link special, recalling the gaffes and goofs that have occurred during the filming of the quiz show. (T) QI. Rich Hall, David Mitchell and Jimmy Carr join Stephen Fry and Alan Davies on the quiz show, trying to come up with interesting answers to questions about food. (T)

9.30 Not Going Out. When Lucy announces that she plans to marry Pavlov, a mechanic from the old Eastern bloc who needs help staying in the country, Lee seems to be the only one with objections. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. The host welcomes actor Michael Sheen, whose latest film playing a real-life public figure is as football manager Brian Clough in The Damned United. Fast & Furious star Vin Diesel, and music legend Lionel Richie, who is currently on tour in the UK, also drop in. Music is provided by pop duo Sparks, who will perform a song from their current album Exotic Creatures of the Deep. (T)

11.35 The National Lottery EuroMillions Draw. Carole Machin presents coverage of the National Lottery EuroMillions weekly draw. (T)

11.40 FILM: The Tuxedo (2002). Comedy adventure, starring Jackie Chan; (T) Weatherview. (T)

1.20 Sign Zone: Horizon. (R) (T) 2.20 Sign Zone: Timewatch: The Real Bonnie and Clyde. (R) (T) 3.20 Sign Zone: Arena: Tony Bennett - The Music Never Ends. (R) (T) 4.50 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Our Planet. (R) (T) 6.40 Big Cook Little Cook. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Roar. (T) 8.30 CBeebies: Pinky Dinky Doo. (T) 8.45 Jackanory Junior. (R) (T) 9.00 Big & Small. (R) (T) 9.15 Finley the Fire Engine. (R) (T) 9.30 Louie. (T) 9.45 Bob the Builder: Project Build It. (R) (T) Pingu. (T) 10.00 Big Barn Farm. (R) (T) 10.15 Charlie and Lola. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Words and Pictures. (T) 11.10 Razzle Dazzle. (T) 11.30 Telling Tales. (T) 11.35 Telling Tales. (T) 11.40 See You, See Me. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Britain's Dream Homes. (R) (T) 2.00 Animal Park. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! Ten of the Best. (T) 4.30 A Question of Genius. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (R) (T) 6.30 Priceless Antiques Roadshow. (T) 7.00 Chelsea Pensioners: Once a Soldier. Plans are made to upgrade the hospital. Last in the series. (T) 7.30 Mastermind. Subjects include Jackie Stewart and Honore de Balzac. (T) 8.00 Gardeners' World Special. Joe Swift aims to bring horticulture to city streets. (T) 9.00 Rocket Science. The children visit China. Last in the series. (T) 10.00 Genius. New comedy series in which Dave Gorman and a celebrity guest discuss inventions, schemes and policies pitched by members of the public. His first interviewee is Catherine Tate. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Picasso: A Culture Show Special Uncut. (T) 12.20 Medium. (R) (T) 1.05 Medium. (R) (T) 1.45 Nero Wolfe Mysteries. (R) (T) 3.15 Close.

Pick of the Day

Ramsay's Kitchen Nightmares USA (C4, 9pm)

If you've ever been lucky enough to dine at one of Gordon Ramsay's restaurants, chances are you've been spoiled for life. Okay, the bill may be a little steep, but you get what you pay for: great service, incredible food and an atmosphere to die for. It's that meticulous attention to detail which has made Ramsay one of the world's greatest chefs, but he's not got to the top of the culinary food chain by keeping his opinions to himself. If he doesn't like another chef's food, he'll tell them. And that's what makes Ramsay's Kitchen Nightmares USA such a treat. Need further proof? Then don't miss this week's helping. Gordon takes on a time-warrior at the Handlebar restaurant and lounge in Mount Sinai, New York. Owners Bill and Carolyn LeRoy have their heads stuck in the clouds and their fond memories of the 1980s, and are completely in denial about the restaurant's crumbling decor and their head chef's lack of enthusiasm. Once more Gordon clashes with his polar opposite restaurateurs and attempts to help turn their business around before it's too late.

C4

6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Everybody Loves Raymond. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show. (R) (T) 9.55 KNTV Sex; (R) (T) Self Portrait UK. (R) (T) 10.30 Take Away My Takeaway; (R) (T) Tate Modern. (R) (T) 11.00 Gay to Z; (R) (T) Tate Modern. (R) (T) 11.30 Don't Make Me Angry; (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: A Motorway Story. (R) (T) 12.35 A Place in the Sun: Home or Away. (R) (T) 1.35 FILM: The Wrong Arm of the Law (1962). Crime comedy, starring Peter Sellers. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. A new crisis facing the people of Cambodia. (T) 8.00 A Place in the Sun: Home or USA? Property experts Jonnie Irwin and Jasmine Harman help a couple with a #1million budget choose between buying a manor house in Sussex or making the life-changing move to California. (T) 9.00 Ramsay's Kitchen Nightmares USA. The chef helps a New York restaurant stuck in the 1980s. (T) 10.00 Free Agents. Helen realises her life is out of control. Last in the series. (T) 10.30 Bill Bailey Live: Part Troll. (R) (T) 12.10 Music: The Album Chart Show. (T) 12.45 4Music: JD Set Presents: Art Brut. (T) 12.55 4Music: 4Play: Rokytopp. (T) 1.15 4Music: Rockfeedback. (R) 1.45 KOTV Classics. (R) (T) 2.45 Beach Volleyball. (R) (T) 3.10 Transworld Sport. (R) (T) 4.05 Time Team. (R) (T) 5.00 Countdown. (R) (T) 5.45 Close.

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 The Beeps. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Olivia. (T) 7.15 Little Princess. (R) (T) 7.25 Music Box Routines. (T) 7.30 The Mr Men Show. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerrots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pocoyo. (R) (T) 8.45 Little Lodgers. (R) (T) 8.50 Play! (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 I Own Britain's Best Home. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.05 FILM: Lucky 7 (2003). Romantic comedy, starring Kimberly Williams-Paisley. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (T) 7.00 Five News at 7. (T) 7.30 Pimp My Ride UK. A 1983 hearse is transformed; (R) (T) 7.30 Five News Update. (T) 8.00 Police Interceptors. A selection of highlights. Last in the series; (T) 8.00 Five News at 9. 9.00 NCIS. The body of a Muslim Marine is found near a mosque that has been linked with al-Qaeda, and Ducky refuses to perform an autopsy out of respect for the dead man's religion. (T) 10.00 Num3rs. A criminal escapes from prison. (T) 11.00 Criminal Minds. (R) (T) 12.00 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. 4.00 A Touch of Frost. (R) (T)

5.00 Taste the Nation. Cooks from the four winning counties design their own gourmet feasts, competing for two places on offer this week in the quarter-finals. Nick Hancock presents. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Doug and Sandy conspire to reconcile Nicola and Jimmy. Zak struggles to control his temper after learning Debbie's house has been trashed, and Will earns respect at his tea party. (T)

7.30 Coronation Street. A revelation by Luke puts an end to Tony's efforts to undermine him. Joe's financial difficulties prompt an offer from Len, and Liz discovers Lloyd is planning a holiday. (T)

8.00 Empty House Syndrome: Tonight. (T)

8.30 Coronation Street. Tony is devastated to learn from his solicitor that Carla intends to cut out all ties. Umed's concerns about Tara's true feelings for Dev grow, and Ken is nearly caught out by Chesney. (T)

9.00 Moving Wallpaper. Gillian leads a writers' strike when the team discovers that an old hand employed by Jonathan to boost the show's sci-fi credentials is being paid more than she is. Ben Miller stars. (T)

9.30 Al Murray's Multiple Personality Disorder. Prurient Dad sells some home-made produce at the local farmers' market, Barrington Blotworth is accused of stealing a diamond necklace and Ray Winston plays another historical figure. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Pushing Daisies. Ned and Olive take part in a cookery contest where Colonel Sanders wannabe Colonel Lickin ends up deep-fried in his own fat. Hoping to get hold of his world-famous recipe, Ned revives him, only to learn a bitter customer has taken his revenge for years of obesity. Meanwhile, Chuck confides in Emerson about tricking Ned over keeping her father alive. Drama, with Lee Pace and Anna Friel. (T)

11.35 FILM: Barbershop 2: Back in Business (2003). Premiere. Comedy sequel, starring Ice Cube; (T) ITV News Headlines.

1.20 FILM: 3000 Miles to Graceland (2000). Crime comedy, starring Kurt Russell and Kevin Costner. (T) 3.25 ITV Nightscreen.

VISIT THE PAPER ONLINE  
WWW.THE-NEWS.NET

LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1515 Paixões Proibidas 1600 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Pai & Força 2200 Jogo Duplo 2300 98 Octanas, film 0100 Nightmares and Dreamscapes, series 0300 Prova de Amor 0430 Telesales 0600 Euronews

**RTP2**  
0720 Zig Zag 1400 Sociedade Civil 1530 TBA 1600 National Geographic 1655 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Brothers & Sisters, series 2330 Diga Lá Excelência 0030 Noites da Dois: My Name is Earl, series 0200 Palco 0315 Euronews 0415 Knights of Prosperity, series 0445 Sociedade Civil 0615 TBA

**SIC**  
0600 Sic Notícias 0800 Sete Vidas 0900 Ligou, Ganhou! 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1515 Contacto 1715 Rebelde War 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Não Há Crise 2245 Caminho das Índias 0000 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI: Las Vegas, series 0230 Todos em Linha 0430 Entourage, series

**TVI**  
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Julia 1700 Quem quer Ganhar 1815 M'angos com Açúcar 2000 News 2145 Euromillions 2200 Flor do Mar 2300 Feitiço de Amor 2345 Olhos sem Olhos 0030 Terra dos Mortos, film 0230 Sempre a Somar 0415 TVI Negócios 0430 The Unit, series 0530 Telesales

Best of the Rest

**BBC3**  
7.00 Top Gear 8.05 The Wrong Door 8.10 Doctor Who 9.00 Comic Relief: The Fools' Guide 10.00 EastEnders 10.30 Snog, Marry, Avoid? 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Family Guy 11.55 Family Guy 12.15 Horne & Corden 12.45 Comic Relief's Naughty Bits 1.45 Snog, Marry, Avoid? 2.15 Two Pints of Lager and a Packet of Crisps 2.45 18 Pregnant Schoolgirls 3.45 Horne & Corden 4.15 Deborah 13: Servant of God 5.15 Close 5.25 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.30 Chelsea Pensioners Girls Allowed 8.00 Handel's Water Music 9.00 Sissinghurst 9.30 Sissinghurst 10.00 John Martyn: Johnny Too Bad 11.00 John Martyn: Old Grey Whistle Test 11.30 Mad Men 12.20 Chelsea Pensioners Girls Allowed 12.50 John Martyn: Old Grey Whistle Test 1.20 John Martyn: Johnny Too Bad 2.20 Handel's Water Music 3.20 Sissinghurst 3.50 Sissinghurst 4.20 Close

**ITV2**  
1.30 The Jeremy Kyle Show 2.40 The Jeremy Kyle Show 3.50 The Hot Desk 4.00 Loose Women 5.00 Ricki Lake 5.50 Sally Jessy Raphael 6.35 Judge Judy 7.00 Primeval 8.00 Coleen's Real Women 9.00 American Idol 10.00 American Idol 11.00 Paris Hilton's British Best Friend 12.00 The Justin Lee Collins Show 1.00 Coronation Street 1.30 Coronation Street 2.00 American Idol 2.45 American Idol 3.30 Teleshopping

**Sky1**  
1.00 Tim Gunn's Guide to Style 2.00 Bones 3.00 Cold Case 4.00 Are You Smarter Than a 10 Year Old? 5.00

Malcolm in the Middle 5.30 Futurama 6.00 Futurama 6.30 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Night Cops 11.00 Shane Richie: Make Me Irish 12.00 Star Gate SG-1 1.00 Road Wars 1.50 Stargate SG-1 2.40 Stargate SG-1 3.30 Battlestar Galactica 4.20 Cruise with Stellos: Caribbean 4.45 Cruise with Stellos: Caribbean 5.10 Guilty!

**G.O.L.D**  
1.00 Last of the Summer Wine 1.40 Whatever Happened to the Likely Lads? 2.20 My Family 3.00 The Brittas Empire 3.40 Butterflies 4.20 Keeping Up Appearances 5.00 As Time Goes By 5.40 Open All Hours 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Whatever Happened to the Likely Lads? 8.20 My Family 9.00 Only Fools and Horses 9.40 Film: Shanghai Noon 12 (2000) 11.45 French and Saunders 12.55 Film: Shanghai Noon 12 (2000) 3.00 Close

**TCM**  
1.00 Critic's Choice PG (1963) 3.00 Goodbye, Mr Chips PG (1969) 5.40 The Oklahoman U (1957) 7.00 The Candidate PG (1972) 9.00 Lone Star (1996) 11.35 The Man with Two Brains 15 (1983) 1.15 Lone Star (1996) 3.30 The Man with Two Brains 15 (1983) 5.00 Quo Vadis PG (1951)

**The Disney Channel**  
Kids' programmes from 7am, except: 6.00 Film: Camp Rock PG (2008) Family comedy, starring Demi Lovato. 10.00 Film: Camp Rock PG (2008) Family comedy, starring Demi Lovato.

MOVIES

**Sky Movies Drama**  
6.00 The Valley of Light PG (2007) 7.40 Robin Hood: Prince of Thieves PG (1991) 10.15 King of the Hill 15 (1993) 12.00 Forces of Nature 12 (1999) With Sandra Bullock. 2.00 Baby It's You 15 (1983) With Rosanna Arquette. 3.45 Candles on Bay Street PG (2006) With Alicia Silverstone. 5.25 The Top 10 Show 5.45 World Trade Center 12 (2006) With Nicolas Cage. 8.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 10.00 August Rush PG (2007) With Freddie Highmore. 12.00 Three 15 (2005) With Kelly Brook. 1.45 Rocky Balboa 12 (2006) With Sylvester Stallone. 3.45 Surveillance Special 4.15 Miracle on the 17th Green U (1999)

**Sky Movies Comedy**  
6.00 Swing 15 (1999) 7.45 The Distinguished Gentleman 15 (1992) 9.45 What About Bob? PG (1991) 11.30 35MM 12.00 Runaway Bride PG (1999) With Julia Roberts. 2.00 Evan Almighty PG (2007) With Steve Carell. 3.40 Monsters vs Aliens Special 4.00 Superbad 15

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

SPORT

**Sky Sports 1**  
6.00 Good Morning Sports Fans 9.00 TBA 11.00 Test Cricket 1.00 Live International Cricket. West Indies v England. 10.00 Live Test Cricket. New Zealand v India. 5.00 Off The Bar 5.30 Premier League Preview

**Sky Sports 2**  
6.00 Aerobics Oz Style 2.30 WWE: Raw 8.30 Live Test Cricket. South Africa v Australia. 4.00 Premier League World 4.30 NFL: Total Access 5.30 Off The Bar 6.00 Big League Weekend 7.30 Live Super League. St Helens v Leeds Rhinos (Kick-off 8.00pm). 10.00 Live Friday Fight Night. Ian Napa v Malik Bouziane. 12.00 Super League 2.00 International Rugby Union 4.30Tight Lines 5.30 World Sport

**Sky Sports 3**  
7.30 Netball 9.30 The Rugby Club 11.00 Premier League Darts 2.30 TBA 4.30 WWE: Raw 6.30 Tight Lines 7.30 Live International Rugby Union. England Under-20s v Scotland Under-20s (Kick-off 8.00pm). 10.00 Premier League Preview 10.30 European Tour Golf 12.00 WWE: Late Night - Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 British Ice Hockey 5.30 Ocean Race

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7.30 Ski Jumping 8.30 UEFA Cup Football 9.15 UEFA Cup Football 10.00 UEFA Cup Football 11.00 Live UEFA Champions League Draw. Coverage of the draw for the quarter-finals. 11.30 UEFA Cup Football 12.00 Live UEFA Cup Draw.

The draw for the quarter-finals. 12.30 Cross-Country Skiing 1.00 Live Cross-Country Skiing. Men's World Cup coverage from Falun in Sweden. 2.00 Live Ski Jumping. The World Cup HS215 jump in Planica, Slovenia. 4.00 Biathlon 5.00 Eurogoals Weekend 5.15 Eurogoals: One to One 5.30 Ski Jumping 6.30 UEFA Cup Football 7.30 Live Boxing. Edision Miranda v Joey Vegas. 9.30 UEFA Cup Football 10.15 UEFA Cup Football 11.00 UEFA Cup Football 12.00 Eurogoals: One to One 12.15 Eurogoals Weekend 12.30 Close

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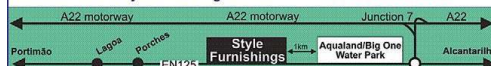
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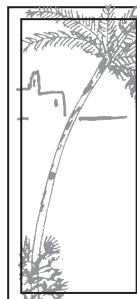
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Lisbon

**IGREJA DO CORPO SANTO, LISBON** Largo do Corpo Santo, Catholic Services in English, Mass each Sunday and Holy day at 11.00am Tel. 21 467 3771

**IGREJA DA SRA. DOS NAVEGANTES, CASCAIS** Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

**ST MARIA, SÃO PEDRO DO ESTORIL** Catholic Service in English every Sunday at 10.15 Tel. 21 467 3771

**OCEAN CHRISTIAN COMMUNITY** - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Sábio, Rua Belmonte, No. 1, Estoril. Tel 21 9282019

**INTERNATIONAL BAPTIST CHURCH OF LISBON** 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1º Floor, 1050 Lisboa. Rev. Josephian Momoh

**BAPTIST MISSION - Esgueira (Aveiro)** Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel 965-363-986.

**RIVERSIDE INTERNATIONAL CHURCH** Office: Rua São José 178, 1.º dto, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: BXA (next to Riviera Hotel), Praceta Infante D. Henrique, N.º 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9.00am in Portuguese and 11.00am in English. Creche, children and youth ministries provided.

**THE DOOR** Christian International Church-meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10.30am and 7.00pm-all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

**CHAPEL OF ST. PIUS X- PRIORADO S. PÍO X**, Estrada de Chelas, 31, 1900 Lisboa. Tel.(21) 814 3591. Latin Tridentine Mass, Lisbon every

Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

**ST GEORGE'S CHURCH, LISBON** (Church of England). Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel. 21 4692303.

**ST PAUL'S CHURCH, ESTORIL** (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel. 21 4692303.

**ST. MARY'S, S. PEDRO DO ESTORIL** 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

**ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN)** Rua Ariaga, 13. Lisbon: Sun. 11.00. Minister's Tel.: 214 837 885, www.standrews-lisbon.com.sapo.pt

**CASCAIS INTERNATIONAL CHRISTIAN CHURCH** Av. de Sintra, N.º 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An interdenominational evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

**THE SALVATION ARMY, LISBON** Reboloira Corps (Praceta Almada Negreiro, Lote 213 Loja D1 do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these Corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capita Roby, Picheleira, Lisbon (21 805708).

**IGREJA DE CRISTO (CRISTA)** Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel. 21 2461596).

**LISBON SYNAGOGUE:** Rua Alexandre Herculano 59, Tel 213 931 130 Fax 21 388 4304 e-mail: celesboa@mail.telepac.pt

**IGREJA BATISTA** de Queijas (close to Cascais) Rua Carlos Santos 88, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10.15 / Portuguese 12.00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

**JEHOVAH'S WITNESSES** - Public Talk in Eng-

lish. Rua João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection. Also Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm) No collection.

The Algarve

**CHURCH OF ENGLAND ST. VINCENT'S ANGLICAN CHAPLAINCY** Holy Communion every Sunday in three congregations: 11.30am St Luke's, Monte de Páhuaga, Górges (Near Sta Barbara). Contact Sandra 299 791 699 & 919055559. 9.30am Igreja N Sra de Fátima, EN125 between Quatro Estradas & Almancil. Contact Rosie 289 328 302. 8.00am and 12noon Igreja N Sra da Luz, Praia da Luz (near Lagos) with Sunday School. Contact Joyce 282 788 104. More info: www.stvincentsalgarve.org

**ALL SAINTS ANGLICAN CHURCH, ALGARVE** - Contemporary Evangelical worship. Sundays: Holy Communion Service with Crèche and Adventurers. 10.30am Community Centre, Almancil (ASCA - Associação Social e Cultural de Almancil). Service in Lagos at Lagoa Convent Chapel 6pm. Details from 282 380311 or www.allsaintsalgarve.org. See our website for dates of Services of Holy Communion.

**CENTRO CRISTÃO FONTE DE VIDA** Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

**THE EVANGELICAL BAPTIST CHURCH** of Lagos. Service 6pm. Urb. Vila Praia da Dona Ana, Lote 11b, Lagos. (Nr. Hotel Gólfino). Information 282 768 088.

**THE SALVATION ARMY** in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

**CATHOLIC MASS** every Sunday partly in English - 11am, at St. Lourenço Church - Almancil - 6.30pm, at Four Seasons Country Club - Quinta do Lago - Almancil. Further information, Griselinda Neto on 966168120 or Vitor on vgn@domopor.com.

**INTERNATIONAL CHRISTIAN FELLOWSHIP** in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays; 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipraia Shopping Centre near the church. Tel 282 461 985

**LIVING HOPE BAPTIST CHURCH** English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

**CHURCH IN ALJEZUR / VALE DE TELHA.** Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

**INTERNATIONAL COMMUNITY CHURCH** in Lagos invites you to attend its services in

English on Sundays at 11.00am. Sunday School for children. 5 Travessa de Santo Amaro, Lagos. Tel. 282-086804 or 282-697546, www.icc-algarve.org.

**INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE** Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Services in English, creche and Sunday School. For further information: 289 328635.

**LAGOA CHRISTIAN FELLOWSHIP** An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru preteen. Service every Sunday 11am to 12.30pm. Portuguese translation available. Address: EN125 - Vale de Lousas, Alcantarilha. Pastor Alípio Amaral Tel 282 381347. Visit our website at www.lagoafellowship.com

**TAVIRA CHRISTIAN CENTRE** Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

**RESGATE DE VIDA, LAGOS**, Raising up a new generation according to Eph. 4.11-12, Church with a Brazilian Flavor. Portuguese speaking. Children Welcome. Meeting on Sundays 8pm - 10pm at Rua, Hospital S. João de Deus. For directions phone Pastors Sidney 963414757 or Anderson 962934005

**ROMAN CATHOLIC ST. ANDREWS, PENINHA** R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

**SALVATION ARMY** Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

**EREV SHABAT** - For services Tel: 282 416710

**JEHOVAH'S WITNESSES** - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Engembeiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. School Tuesday 7.30pm Tel: 282 485 495. (Chinese: Saturday 4pm) No collection. Also Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 10.15am. School Wednesday 7.45pm Tel: 282 442 279. No collection.

Oporto

**GREATER GRACE INTERNATIONAL FELLOWSHIP** has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palácio, Porto (across from the "Emergency" entrance of Hospital Santo António); for meeting times, details and updated schedule visit www.NovaAurora.com, call 22094785 or send

an SMS to 917 112736.

**RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto.** A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 contact@riversideporto.com or www.riversideporto.com

**ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO.** Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoportop.org

**THE SALVATION ARMY OPORTO** Pereiro Corps (Av. Vasco da Gama No. 675-2 E Ramalde). Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros

Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

**JEHOVAH'S WITNESSES** - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

**Caldas da Rainha**

**ANGLICAN EVENING WORSHIP IN ENGLISH.** At 6.00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Sautade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'). All welcome.

**JEHOVAH'S WITNESSES** - Public Talk in English. Rua Adelino Amaro da Costa, next to CERCIP, 2520 Peniche, Óbidos. Sunday 11am (1st & 2nd Sunday of the month). No collection.

ANGLICAN CHURCH

Lead Priest : Fr. Joseph Wingo T: 309 402 783

Assistant Priest: Rev'd Jackie Nevill T: 914 781 453

Deacon: Rev'd Paul Luckman T: 917 240 123

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with Joyce Voelker

## On outside

A friendly game of cards with friends stretched out over several Tuesday evening gatherings. After about four Tuesdays, my partner and I won. In fact, we dominated the game week after week though the two of us were actually new to the game and to card playing in general. Our teammates were calling it beginner's luck and it probably was exactly that. We joked, however, that we were winning because God was on our side.

The truth of the matter is that God is on the side of all of His children. It is easy to lose sight of that truth when life is not going the way we wish it would go. We live so much of our lives unconvinced that God is really for us. Oh, we picture ourselves being on God's side, but we have difficulty picturing God stooping down far enough to be on our side. Somehow, in the deep hidden places of our hearts and minds, despite the promises we find in Scripture, we think that God is just tolerating us. Though we might not go so far as to feel God is against us, our actions, anxieties, fears and insecurities prove that we don't believe He is for us either. Instead of walking in the confidence that He cherishes us and wants what is best for us, we have convinced ourselves that He is stuck with us.

Romans 8:28-39 is a wonderful passage to study when we feel alone or abandoned by our God. God is for us. He does not just tolerate us. He doesn't just stick around because He feels obligated

to do so. He chooses to walk through life at our side through good times and bad. Writer and Christian speaker Beth Moore wrote about a group of women in South Africa who were meeting together for a weekly Bible Study. The class had just begun as a prostitute wandered in off the street, looking for a place to sit and rest. She ended up listening to the entire class. At the end, she approached the leader and said, "I can never go back to my old life."

This scenario could have happened anywhere in the world. Jesus met that sad and weary woman knowing all she had ever said and done. He gazed beneath her sin and into understood her brokenness. He had given His life for her and wanted her to know that she was worth the sacrifice. The spotless Son of God saw beauty beneath her wounded, weathered exterior and sought to make her His own. He wants the same for each and every person on earth. Christ was for her and he is for us. He's on your side and mine. Nothing can ever separate us from His eternal love.

"No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord." Romans 8:39

\*More information about how to have a relationship with God can be found at [www.rbc.org/personal\\_relationship\\_with\\_god.page](http://www.rbc.org/personal_relationship_with_god.page)

## Focus

Next event: Sat 14th March

New monthly event Carveour Tennis Club

• Modern worship Call Luke & Shelley

• Prayer for details on 913 362 221 or email: luketho@hotmail.com

6.30pm for coffee or just turn up.

7.00pm for event

Every second Saturday of the month

## su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

7		1		9	8			
4		9	3					
				7		4		
		8				5		
2	9		6					9
	7							
					5	2		7
3	6			8				4

Last weeks solution:

3	8	5	9	6	1	2	4	7
4	2	7	5	8	3	9	6	1
9	6	1	2	4	7	8	3	5
1	7	2	3	9	4	5	8	6
8	9	3	7	5	6	4	1	2
6	5	4	8	1	2	3	7	9
7	4	9	1	2	8	6	5	3
5	1	6	4	3	9	7	2	8
2	3	8	6	7	5	1	9	4

For tips on how to solve Sudoku puzzles, browse the forums, go to [www.sudoku.com](http://www.sudoku.com)

1	2	3	4	5	6			
7			8					
9				10				11
		12	13					
			14					
15				16				
								17
18				19	20			
21						22		

**ACROSS**

7. Light-giver (5)

8. Malady (7)

9. Lachrymose (7)

10. Put off (5)

12. Colony (10)

15. Becoming adult (10)

18. Joins timber (5)

19. Unvarying (7)

21. Pleas (7)

22. Frequently (5)

**DOWN**

1. Diplomacy (10)

2. Massive (5)

3. Cook (4)

4. Quarters (6)

5. Club (8)

6. Pagan (7)

11. Withdrawal (10)

13. Regularity (8)

14. Decorative pelmet (7)

16. Ocean travel (6)

17. Value (5)

20. Image (4)

**Crossword No. 232**

**QUICK SOLUTIONS N°: 231**

**Across:** 1 Energetic; 8 Awe; 9 Teetotaler; 11 Precede; 12 Extra; 13 August; 15 Stroke; 17 Miner; 18 Parapet; 20 Intercourse; 22 Ire; 23 Hollyhock.

**Down:** 2 Nee; 3 Grove; 4 Trader; 5 Collect; 6 Paratrooper; 7 Permanent; 10 Emergencies; 11 Pragmatic; 14 Stretch; 16 Spiral; 19 Roomy; 21 Sec.



## Announcements

**LONELY? BORED?** Come and join our happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel: 962 633 811.

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## Business Opportunities

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Bargain for €20,000. ono. 24.5 sq metres. Front of the Meat & fish market in shopping centre. Private and quick sale. Tina mobile 914 69 23 17

**LONG STANDING** Algarve engineering based manufacturing company for sale (est.1988). Well established and well known company with excellent products. Current owner prepared to give full training & support for up to three months. All equipment & stock included. Would be beneficial for new owner to have welding skills. Clean company, no debts and up-to-date accounts. An excellent investment for someone wishing to own a profitable business in the Algarve. **Please call 917 234 218 for details.**

**ESTABLISHED POPULAR** coffee shop in Praia da Rocha for sale €45,000. Excellent location Tel: 932 896 385.

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**ALBUFEIRA, BRITISH** pub ready for business. Stock, equipment and good will. €4,000. New contract available. Tel: 936 050 367.

## Charities

**APAA CHARITY SHOPS.** Cerro Grande, Albufeira open Tuesday to Saturday 10.30am to 2pm. Dunas de Alvor open Tuesday to Sunday 10.30am to 2pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help stray and abandoned dogs and cats.

**CAR BOOT** Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on [Happyhounds@mail.telepac.pt](mailto:Happyhounds@mail.telepac.pt) for more information.

**ABA CHARITY** shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

**WANTED: THE** donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, 962 633 811, for details of our work for animal welfare. Please help.

**DONKEYS, DOGS** and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

**THE ANIMAL** charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

**TAVIRA TREASURE** Charity Shop. Tavira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-brac, Books. Open Wednesdays, 2.30-4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

## Education

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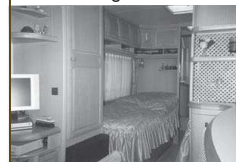
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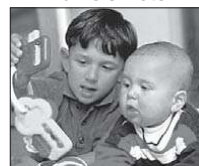
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# Leixões drop to sixth after FC Porto hammering



FC Porto more than justified their first place in the league and favourites-tag to win the Liga Sagres last weekend as they hammered Leixões 4-1 in a very one sided match. Both Benfica and Sporting maintained the same point difference as they also managed to take three points in their games.

The 21<sup>st</sup> round of Liga Sagres allowed the top three, FC Porto, Benfica and Sporting, to extend their lead over the remaining teams, with the title race now limited to the three giants of Portuguese football.

Sporting played one of the first games of the weekend against Paços Ferreira, and were able to get an early goal after only eight minutes of play.

Striker Liedson received a phenomenal pass from Derlei and did not let the chance go to waste, slipping the ball past keeper Coelho, who, in retrospect, could have done much better.

Just after the half hour mark, Derlei doubled Sporting's lead with a header. Paços did not have many chances throughout the ninety minutes and Sporting walked away with three easy points.

Leixões' game at home proved to be a royal disaster for the underdog team of the season, having lost 4-1 against the ever so strong FC Porto and dropped to sixth position having topped the table at the turn of the year.

The game started fairly evenly, with both teams creating chances at the opposing goal, but the tables soon turned when Hugo Morais handled the ball with his hand inside the box, gifting FC Porto a penalty after 22 minutes. Captain Lucho Gonzalez gladly converted the spot kick and gave FC Porto an early advantage.

From that point on, FC Porto dominated the match and entered the second half determined to end it there and then. Hulk, voted one of the Champions League's top ten revelations this season, intercepted a poor back pass and scored an easy goal after 50 minutes, Raul Meireles scored the team's third (66 minutes) and Farias turned the game into a slaughter with an undisputed header fifteen minutes from the final whistle. Leixões' consolation goal arrived thanks to Helton, who dropped the ball after intercepting a cross and Diogo Valente happily struck the ball into the back of the net.

Benfica's match was not as plain sailing as their closest rivals', beating Naval by the smallest margin, 2-1. Despite suffering an early goal after three minutes, resulting from a shot from Aimar, Naval regained confidence and posed a threat to Benfica's goal on more than one occasion.

Early in the second half, a bad clearance from Luisão gave Marcelinho the perfect opportunity to equalise, which he did not reject. Greek international Katsouranis scored Benfica's winning goal in the last quarter hour of the match, keeping their Liga Sagres title hopes very much alive.

This weekend, Benfica face Vitória de Guimarães, Sporting play at home against Rio Ave and FC Porto receive Naval.



FC Porto's Lucho fights for the ball with Leixões' Hugo Morais, during their First League soccer match at Mar Stadium, in Matosinhos on 7 March. (Photo: Lusa / Estela Silva)

## A1GP headquarters moving to Algarve MotorPark

Administration of the A1 Grand Prix confirmed the entity has signed a contract for the purchase of two plots in the Technological Park, located in the Algarve MotorPark, this week. The motorsport where each team represents a country will now have its production line factory based in the Algarve, creating 350 direct jobs in the region.

Tony Teixeira, the South African-Portuguese President of A1GP, announced A1GP's plans: "I have bought a 47,000 m<sup>2</sup> plot within the Algarve Motorpark", confirming speculation that the racing championship factory would move to Portugal, adding that the location will boast "head offices, an A1GP

factory with 35 sections, another A2 car factory, restaurants and all of the merchandising products."

Paulo Pinheiro, CEO of the Algarve MotorPark, added that, besides the factory, all research and development will also take place in Portugal in the future, taking the honours from England and Italy. Construction of the factory should begin in the first half of this year.

Manuel da Luz, Portimão Mayor, has demonstrated great interest and says the Council will take part in the €30 million investment together with Turismo de Portugal and the A1GP, due to the 350 direct jobs the factory will represent.

The transferral of the A1GP factory and services to Portugal has always been one of Tony Teixeira's ambitions, and having taken over the company since Sheikh Maktoum Hasher Maktoum Al Maktoum's withdrawal from the motor sport, his hopes have now become a reality.

Another promising statement made by Tony Teixeira is his intention of possibly creating a new Formula 1 team based in Portugal, with its headquarters based in the same grounds as A1GP's: "The team will be based in Portugal and subsidized by the Portuguese Government. If this [region] intends to be an important automotive centre, it must have a Formula 1 team. It would not mean anything without

Formula 1."

Until recently, the businessman was interested in purchasing an existent Formula 1 team, such as Honda Racing, Toro Rosso or Spyker, but with the construction of the A1GP factory in the Algarve, he now wants to start his own team.

A1GP cars are all built in the same factory, with identical Ferrari engines, keeping competition very tight and focusing mainly on driving skills to win races.

Between April 10<sup>th</sup> and 12<sup>th</sup> the first A1GP race ever in Portugal will be taking place at the Algarve Motorpark, for more information please visit [www.autodromodolgarve.com](http://www.autodromodolgarve.com).

### SUPERLEAGUE FIXTURES DAY 22

MATCH	DATE	TIME	TV
P. Ferreira-Leixões	Friday	20h30	SportTV1
Benfica-Guimarães	Saturday	18h45	SportTV1
Sporting-Rio Ave	Saturday	21h00	RTP1
Trofense-Setúbal	Sunday	16h00	
Belenenses-Amadora	Sunday	16h00	
Braga-Académica	Sunday	18h00	SportTV1
FC Porto-Naval	Sunday	20h15	SportTV1
Nacional-Marítimo	Monday	19h45	SportTV1



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